



Year 4 Puzzle: Healthy Me

British Values	RSE Links	Objectives
Individual Liberty Mutual Respect Tolerance	Caring Friendship Respectful Relationships Mental Wellbeing	Have made a healthy choice: My Friends and Me. <ul style="list-style-type: none"> I recognise how different friendship groups are formed, how I fit into them and the friends I value the most. I can identify the feelings I have about my friends and my different friendship groups.
Democracy Individual Liberty Mutual Respect Tolerance	Caring Friendship Respectful Relationships Online Relationships Being Safe	Have eaten a healthy, balanced diet: Group Dynamics. <ul style="list-style-type: none"> I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations. I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with.
Democracy Individual Liberty Tolerance	Being Safe Physical Health and Fitness Drugs, Alcohol and Tabaco	Have been physically active: Smoking. <ul style="list-style-type: none"> I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke. I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others.
Democracy Individual Liberty Tolerance	Being Safe Physical Health and Fitness Healthy Eating Drugs, Alcohol and Tabaco	Have tried to keep themselves and others safe: Alcohol. <ul style="list-style-type: none"> I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol. I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others.
Individual Liberty Mutual Respect Tolerance	Caring Friendship Respectful Relationships Online Relationships Being Safe Mental Wellbeing	Know how to be a good friend and enjoy healthy friendships: Healthy Friendships. <ul style="list-style-type: none"> I can recognise when people are putting me under pressure and can explain ways to resist this when I want. I can identify feelings of anxiety and fear associated with peer pressure.
Democracy Rule of Law Individual Liberty	Caring Friendship Respectful Relationships Online Relationships Being Safe Mental Wellbeing	Know how to keep calm and deal with difficult situations: Celebrating My Inner Strength and Assertiveness. <ul style="list-style-type: none"> I know myself well enough to have a clear picture of what I believe is right and wrong I can tap into my inner strength and know how to be assertive.