**Year 4- being my best**

| **Being My Best** | | | | | |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Session 1** | **Session 2** | **Session 3** | **Session 4** | **Session 5** | **Session 6** |
| **Question** | What makes me ME? | What choice do I have?  Making choices unit | How do we keep ourselves healthy?  Scarf hotel unit | How can we be sustainable?  Seven Rs unit | Who is in our school community? | First aid- to come. |
| **Content LO:** | Identify ways which make us unique. | Give examples of choices made for myself and that others make for me. | Understand how the body gets energy and know why sleep and exercise are important for our health. | Understand the ways in which we can contribute to the care of the environment | Define what is meant by the word 'community' | 1. Why is first aid important 2. Giving first aid   https://firstaidchampions.redcross.org.uk/ |
| **Skills LO** | Recognise that there are times when they will make the same choices as their friends and times when they will choose differently. | Recognise that there are times when choices made may be the same or different to my friends. | Suggest different ways in which someone can keep healthy. | Suggest ways recycling methods can be applied to different scenarios. | Identify qualities and attributes of people who support the school community. |  |
| **Pillar focus:** | Accepting | Listening and Respecting | Thinking | Thinking | Listening and Respecting |  |
| **Assessment:** | All:I can tell you about a choice I can make that helps to keep me healthy.  Most:I can give a few examples of different things that I do already that help to me keep healthy.  Some:I can explain the benefits of looking after myself both now and in the future. | | | All:I can give an example of something I can do to help look after my environment.  Most:I can give different examples of some of the things that I do already to help look after my environment.  Some: I can explain the benefits of looking after my environment both now and in the future, and for future generations. | |  |