

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	

<p>Assessment :</p>	<p>All:I can tell you about a choice I can make that helps to keep me healthy.</p> <p>Most:I can give a few examples of different things that I do already that help to me keep healthy.</p> <p>Some:I can explain the benefits of looking after myself both now and in the future.</p>	<p>All:I can give an example of something I can do to help look after my environment.</p> <p>Most:I can give different examples of some of the things that I do already to help look after my environment.</p> <p>Some: I can explain the benefits of looking after my environment both now and in the future, and for future generations.</p>	
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