



Yarm Primary School

Year 4

PSHCE

How do I look after myself?

Key Vocabulary

emergency	A serious and often dangerous situation.
wellbeing	The state of being comfortable, healthy or happy.
healthy	Being free from illness or injury.
safe	The condition of being protected.
accident	An unfortunate incident that happens unexpectedly.
hygiene	Things/practices that you do to ensure good health and prevent disease.
sweat	Moisture produced by the body through pores to primarily reduce heat.
safety	Being protected from danger, risk or injury.

Sticky Knowledge

- Hygiene is very important – especially as we get older. It is important that we know what certain products are and how to use them (such as soaps).
- It is important to explain the ways that you can keep yourself protected and safe in daily life, e.g. wearing a seatbelt, protective clothing and stabilizers.
- Looking after and understanding our own needs (such as hazards and how to safely take medicine) is crucial to our health and wellbeing.

We will learn about how to ensure our physical and mental wellbeing and how personal hygiene is important to maintaining good levels of health and wellbeing. We will also learn how those around us and those that care for us help to keep us healthy.

We will learn how to react and respond if there is an accident and how to deal with minor injuries e.g. scratches, grazes, burns

We will learn what to do in an emergency (including calling for help and speaking to the emergency services).

Golden Rules

- We are kind and gentle.
- We are kind and helpful.
- We listen.
- We are honest.
- We work hard.
- We look after property.

