

## Holy Family Catholic Primary School Cronton

**Year 4:** PSHE summer term

**Themes:** Maintaining a balanced lifestyle; oral hygiene and dental care, Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty and Medicines and household products; drugs common to everyday life.

### **Throughout the term, children will learn:**

That common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary.

How to maintain oral hygiene and dental health, including how to brush and floss correctly.

The importance of personal hygiene routines during puberty including washing regularly and using deodorant.

How to discuss the challenges of puberty with a trusted adult.

That drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing.

to identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects.

To identify some of the risks associated with drugs common to everyday life.

### **Key vocabulary:**

**Dental health:** dental or oral health is concerned with your teeth, gums and mouth. The goal is to prevent complications such as tooth decay (cavities) and gum disease and to maintain the overall health of your mouth.

**Floss:** clean between (one's teeth) with dental floss.

**Puberty:** the period during which adolescents reach maturity and become capable of reproduction.

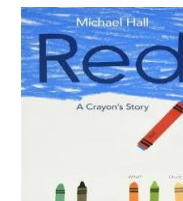
**Deodorant:** a substance which removes or conceals unpleasant smells, especially bodily odours.

**Drugs:** a medicine or other substance which has an effect when ingested or otherwise introduced into the body.

**Medicine:** a drug for the treatment or prevention of disease.



### **No Outsiders curriculum book for the summer term**



Red: A Crayon's Story  
**To be who you want to be.**