



Jerry Clay Academy
Subject Knowledge Organiser

Subject: PHSE Year Group: 4 Term: Autumn term 1

Core Learning of This Unit:

- How to make an informed choice about behaviour and a balanced lifestyle.
- Pupils learn about how the media can manipulate images and that these images may not reflect reality.
- What is meant by the term 'habit'.

**Prior Learning:
Year 3 PHSE**

To learn what positively and negatively affects their physical and mental health.

To reflect on and celebrate their achievements, identify their strengths and areas for development.

To recognise that they may experience conflicting emotions and when they might need to listen to overcome these.

To resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices.

**National Curriculum
Statements:**

How to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'.

To recognise how images in the media (and online) do not always reflect reality and can affect how people feel about themselves.

How pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people that they know and the media.

What is meant by the term 'habit' and why habits can be hard to change.

Key Vocabulary:

Significant People

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