



Jerry Clay Academy  
Subject Unit Overview

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

**Core Learning of This Unit: Being Responsible and Staying Healthy**

- Recognise the importance of behaving in a responsible manner in a range of situations
- Describe a range of situations where being on time is important
- Explain the importance of having rules in the home.
- Explain what is meant by a balanced diet and plan a balanced meal.
- Recognise how too much sugar, salt, and saturated fat in our food and drink can affect us now and when we are older
- Understand nutritional information on packaged food and explain what it means
- Describe different ways to maintain a healthy lifestyle

1decision module links: Being Responsible BA and Coming home on time. Keeping/staying healthy BA and healthy living. \*Look at Y2/3 friendship and behaviour modules.

**Prior Learning:**

**Health and well-being:**  
H1-H10, H14-18, H22-24,  
H2-33, H35-36

**Relationships:**  
R1, R6, R15-25

**Living in the wider world:**  
L1, L5, L12, L14, L16, L17

Being Responsible Y1-3  
Practice makes perfect,  
helping someone in need,  
stealing, water spillage.

Keeping / Staying Healthy  
Y1-3 Healthy eating,  
brushing teeth, washing  
hands, medicine.

**National Curriculum Statements:**

**Health and well-being:**  
H1-6, H11, H13, H15, H16,  
H21, H35, H37,

**Relationships:**  
R14, R30, R31,

**Living in the wider world:**  
L30

**Key Vocabulary:**

**Lifestyle**  
**Balanced diet**  
**Blood pressure**  
**Saturated fat**  
**Vital organs**  
**Carbohydrates**  
**Protein**  
**Calorie**  
**Habit**

**Punctual**  
**Responsible**  
**Irresponsible**  
**Appointment**

**Significant People**

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