

Year 4: Health and Wellbeing

Key Learning

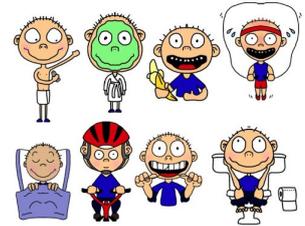
It is important to visit the dentist regularly.



Teeth should be brushed twice a day using fluoride toothpaste. Floss should be used to help prevent plaque build up.

Some foods, drinks and substances can effect dental health.

Physical health is defined as the condition of your body. Physical health is critical for overall well-being and can be affected by diet, physical activity and behaviours.



There are a wide range of factors that maintain a balanced, healthy lifestyle both mentally and physically e.g. a balanced diet, regular exercise, drinking lots of water, getting enough sleep etc.

I know when something doesn't feel right and might be an early sign of physical illness.



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

It is important to take medicines correctly as instructed by a doctor.

A drug is a chemical that is not food (but is ingested) that affects the body. Some drugs are given to people by doctors to make them healthy. These are called medicines or prescription drugs.

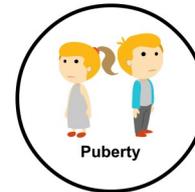


There are some drugs common to everyday life that can affect health and wellbeing such as: cigarettes, e-cigarettes (vaping), alcohol and medicines. These drugs can become a habit which is difficult to break and can cause risks in everyday life.

There are strategies to manage the changes during puberty including menstruation.

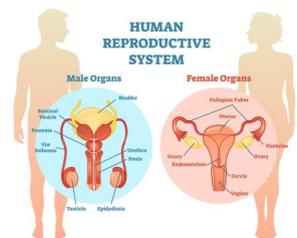
There are a lot of physical and emotional changes that occur during puberty such as: mood swings, growth spurts, changes in body shape, hair growth, changes to genitals.

The menstrual cycle begins in young women and lasts for 28 days.



I can identify both male and female external genitalia and reproductive organs.

It is important to have good personal hygiene routines during puberty, including: washing regularly and using deodorant.



I can discuss the challenges of puberty with a trusted adult and get information, help and advice.

Key Vocabulary

Puberty	The period in which your body begins to change and develop as you move from child to adult.
Menstruation	A period is the 2 to 7 days that a girl or woman has her menstrual flow, which is when blood and tissue leave her body through her vagina.
Genitals	Relating to the reproduction or sexual organs.
Drugs	A chemical that affects the body.
Hygiene	Practices of personal cleanliness necessary for good health.