

**YEAR 4 – AUTUMN 1**  
**HEALTH AND WELL-BEING**

**Healthy lifestyles**

- To understand what makes a ‘balanced lifestyle’.
- To understand how to make choices in relation to health.
- To learn about drugs that are common in everyday life.
- To understand how the spread of bacterial infection can be prevented.

**Growing and changing**

- To reflect on and celebrate their achievements, identify their strengths, areas for improvement, set high aspirations and goals.
- To learn about the changes that happen at puberty.

**Keeping safe**

- To develop strategies for keeping physically and emotionally safe including road safety and safety in the environment.
- To develop strategies of how to keep safe online.

**Vocabulary**

balanced lifestyle, drugs, bacterial infection,  
aspiration, puberty, physical and emotional safety,  
online safety