The ASPIRE Curriculum-Key Learning

Title: Healthy Me Year: Year 4 Subject: PSHCE

Key Knowledge	Key Skills	Key Vocabulary	
• Know how different friendship groups are formed and how they fit into them	• Can identify the feelings that they have about their friends and different friendship groups • Recognise how different people and groups they interact with impact on them • Identify which people they most want to be friends with • Recognise negative feelings in peer pressure situations • Can identify the feelings of anxiety and fear associated with peer pressure • Can tap into their inner strength and know how to be assertive		Friendship
• Know which friends they value most			Emotions
• Know that there are leaders and followers in groups			Relationships
• Know that they can take on different roles according to the situation			Value
• Know the facts about smoking and vaping and its effects on health			Roles
• Know some of the reasons some people start to smoke			Assertive
• Know the facts about alcohol and its effects on health, particularly the liver			Agree
• Know some of the reasons some people drink alcohol			Disagree
• Know ways to resist when people are putting pressure on them			Smoking
			Vaping
			Pressure
			Alcohol
			Disease
			Opinion