

PSHE	Health Education	Year 4	Summer 1
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Key Knowledge

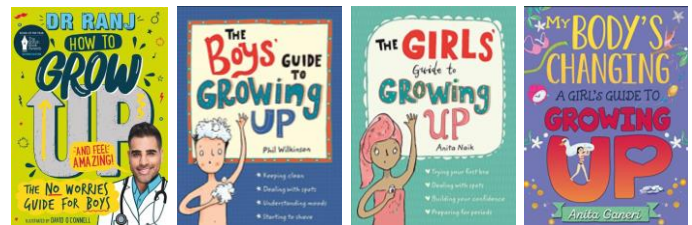
First Aid	<ul style="list-style-type: none"> • In an emergency situation, it is important that we find help quickly. • We might need to call 999 to get the emergency services to help us. • If we call 999, there is some important information we need such as our address, what happened, how many people are involved, what injuries (if any) there are. • In other situations, we might be able to help the people involved by doing some First Aid. • We need to assess the situation and then depending on the injuries, treat them appropriately e.g. observing a head injury, covering cuts, looking out for allergic reactions, sitting someone down if they feel faint etc.
Growing and changing	<ul style="list-style-type: none"> • Puberty is a special time when a child grows and develops into a young adult. Their bodies and feelings change. • Puberty can start at any time between the ages of 8 and 16 and the changes happen gradually over a number of years. • These changes could be physical such as growing pubic hair, underarm hair, facial hair, larger breasts, larger penis and testicles, starting to get their period, deeper voice, oily skin etc. • They could also be emotional changes such as mood swings, thinking about having a boyfriend or girlfriend etc. • Due to the physical changes, personal hygiene is very important – children might need to wash their hair and faces more frequently if their hormones increase oil production, they might need to start to wear deodorant and wash their bodies more frequently as they will begin to produce more sweat and they might have more body hair that will hold onto the sweat.

Statutory requirements

<p>Pupils should know:</p> <ul style="list-style-type: none"> • how to make a clear and efficient call to emergency services if necessary. • concepts of basic first-aid, for example dealing with common injuries, including head injuries. • key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. • about menstrual wellbeing including the key facts about the menstrual cycle.
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Key vocabulary

Spelling	Definition
Emergency	a sudden and often unexpected situations that have the potential to cause harm to someone or something.
Puberty	the stage of life when the body of a child transitions into an adult body
Developing	changes in a child's physical growth
Pubic	the area of the body generally covered by underwear
Hormones	chemicals your body makes to help it do certain things
Body odour	an unpleasant smell caused by sweat on a person's body



Book recommendations

Dr Ranj	How to grow up and feel amazing – the no worries guide for boys
Phil Wilkinson	The boys' guide to growing up
Anita Naik	The girls' guide to growing up
Anita Ganeri	Body's changing – A girl's guide to growing up