

GGA-PSHE Knowledge Organiser for Year 4 Spring

Keeping Safe and Healthy

I understand that the actions of cyclists can distract drivers.

I can cycle safely on the road.

I can respond to a casualty struggling to breathe

Myself

I know what I am responsible for at home.



Feelings

I know what jealousy is and how to deal with it.



Be positive.
Focus on what I have.
Focus on what I can do.

Visits/ special occasions:
Safety week

Why are we learning this?

To know how to be responsible.

To know how to keep myself safe and healthy.

Why is it important?

So we understand how to be responsible and what we are responsible for.

So we understand how to keep ourselves safe and healthy.

Key Vocabulary and Definition

Chore	A regular task, normally at home.
Jealous	Being envious of someone's achievements, possessions or relationships.
Responsibility	doing the things we are supposed to do
task	a piece of work to be done
action	something that is done for a specific purpose
distraction	to draw away the attention of
Cause	reason that things happen
Cycle	The movement of the bike
Bike	a machine for getting from place to place
Choking	airway is partly or completely blocked
Asthma	a lung condition that causes breathing problems
anaphylaxis	a life-threatening allergic reaction that happens very quickly