

Being My Best Knowledge Page Year 4

Key questions

Why is everyone unique?

Will I always make the same choices as my friends?

How does food affect my physical and mental health?

How can I care for the environment?

Who supports our school community?

How do I help in a first aid emergency?

accident

emergency

affect

balanced diet

recycle

breathing

community

repair

reduce

creative

mental health

injury

exercise

choices

wound

active

first aid

repair

be mindful

choking

wellbeing

Lesson Progression

Wk	Lesson
1	What makes me ME!
2	Making choices
3	SCARF Hotel
4	Harold's Seven Rs
5	My school community (1)
6	Basic first aid

Resources

Coram Life Education