

# PSHE Cycle A 3/4 unit 1

## Physical health & wellbeing: What is important to me?

### Lesson 1

Why might people eat or avoid certain foods?

religious  
moral  
cultural

### Lesson 2

What factors contribute towards people's food choices?

consumers  
producers  
ethics

### Lesson 3

Why is it important to get enough sleep?

health &  
wellbeing  
relaxation

### Lesson 4

Assessment

What will we be learning about over the coming weeks?

# PSHE Cycle A 3/4 unit 2

## Physical health & wellbeing: First Aid

### Lesson 1

What medicines are used to treat medical conditions like asthma?

*conditions 'attacks'*

### Lesson 2

What is epilepsy?  
What are the symptoms of a seizure and how can I help if I witness one?

*seizure*

### Lesson 3

What is an 'emergency situation'?

*'unresponsive'*

### Lesson 4

St John's Ambulance resources

*role play  
bandaging  
and  
treating  
burns*

### Lesson 5

Assessment

What will we be learning about over the coming weeks?