

Knowledge Organiser



Year 4 - Being My Best

Key questions

Having Choices and Making Decisions About My Health What choices help to keep me healthy? Why is it important to look after my health now?

Why is it important to look after myself in the future?

Taking Care of My Environment

What different things do I do to look after our environment?

Why is it important to look after our environment?

How does this affect our future?

Key vocabulary

accident emergency affect
balanced diet recycle breathing
community repair reduce
creative give to others
injury exercise choices
wound mental health active
first aid repair connect
future choking reuse
wellbeing be mindful

I can ...

I can give a few examples of different things that I do already that help to me keep healthy.

I can give different examples of some of the things that I do already to help look after my environment.