

# Year 4 Knowledge organiser

## Summer 1 Safety and the Changing Body



This unit builds on previous knowledge of Safety and the Changing Body in Year 3. Through this topic, the children will gain an understanding of the legal age restrictions to navigate societal norms and regulations. They will recognise that information on the internet is not always accurate and to look out for associated risks. Furthermore, they will gain valuable first aid skills to help a casualty experiencing breathing difficulties during an asthma attack. They will discuss physical changes during adolescence and understand the risks of smoking and the benefits of a non-smoking lifestyle. This comprehensive knowledge equips children to make informed decisions in various aspects of life, from online interactions to personal health.

### Key knowledge

- To understand that there are risks to sharing things online.
- To know the difference between private and public.
- To understand the risks associated with smoking tobacco.
- To understand the physical changes to both male and female bodies as people grow from children to adults.
- To know that asthma is a condition that causes the airways to narrow.

**In an emergency,  
call 111 or 999.**

*If you are worried about something, talk to  
an adult you trust at home or at school.*

**Contact:** Childline

[www.childline.org](http://www.childline.org) | 0800 1111 | Calls **DO NOT** show on the phone bill.

### Key Questions

- How do I seek help if I need it?
- What can I do if an adult makes me feel uncomfortable?
- What are the benefits and risks of sharing information online?
- What are some physical and emotional changes during puberty?
- How can I help someone who is having an asthma attack?

Remember the **PANTS** rule:

**P** - Privates are private

**A** - Always remember your body belongs to you

**N** - No means no

**T** - Talk about secrets that upset you

**S** - Speak up - someone can help

### Key Vocabulary

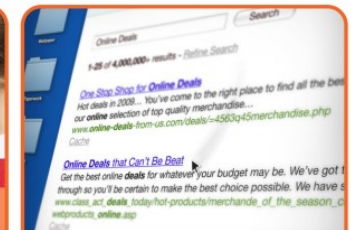
- **Age restriction**-Something that is not accessible until a person is of a certain age.
- **Asthma**-A common lung condition that causes breathing problems.
- **Law**-Rules set by the government that define what we can and cannot do.
- **Breasts**- The soft part of a female's chest that produces milk for the babies.
- **Genitals**-External sex organs of male and females.
- **Puberty**- The physical and emotional changes a child goes through to become an adult.
- **Hygiene**- Keeping Clean.

Age restrictions are there to protect children.

Some adults choose to smoke tobacco and this can harm their bodies.



Surprises are positive as they are usually something nice. Secrets are often negative as they are things people want to hide.



Search engines do not always list the most useful or reliable websites first.

Sharing information and images on the internet can be risky.



In Summer 2, the children will learn about transitioning into a new year group and discuss different strategies that can support them with this change. They will identify their achievements this academic year and celebrate them. They will set themselves goals for the next academic year and discuss everything they have to look forward to. Through class discussions, they will identify adults and peers who can support them through this transition.

### Key knowledge

- To know that change will happen and most of the time, we can't stop it.
- To think about the good things that will happen when things change.
- To know that eating healthy and exercising can help us to cope with different situations.
- To know that talking to friends who are feeling the same way can be helpful.
- To know when to seek adult help.
- To do practical activities, such as getting equipment or stationery ready, so you are prepared for the change ahead.
- To relax and do an activity that you enjoy when you are feeling anxious about change.



### Key Vocabulary

- **Transition**- changing from one state, stage, place, or subject to another
- **Cope**-to deal with and attempt to overcome problems and difficulties
- **Strategies**-a plan, method, or series of actions meant to perform a particular goal or effect.

### Key Questions

- How can I deal with change in a healthy and responsible manner?
- Who can I ask for support?
- What questions do I have about moving to the next year group?
- What are you looking forward to next year?
- What are you worried about next year?

