

Personal Social Health Economics

Year 4 Knowledge Organiser



Great Moor Junior School
 "Learning Together"
 Respect, Kindness, Tolerance, Responsibility, Co-operation

Living in the Wider World

Rules, Rights & Responsibilities

- Everyone has **rights and responsibilities** in school and in the wider community.
- Rules help keep everyone **safe, fair, and respected**.
- You can have a say in decisions that affect you (e.g. through school councils).

Money and Economic Understanding

- People **earn money** in different ways (jobs, self-employment).
- Money can be **spent, saved, or donated**.
- We need to think before we spend – not everything we want is something we need.

Community and Participation

- Communities are made up of **diverse people** with different backgrounds, cultures, and beliefs.
- We all have a **part to play** in helping others in our community.
- It feels good to **give back** (e.g. helping, sharing, volunteering).



Relationships

Families and Different Relationships

- Families can look **different** from each other, and all should be **respected**.
- What matters most is that families provide **love, care, and support**.

Friendships and Respectful Relationships

- Good friends **listen, include others**, and help solve disagreements kindly.
- People should be treated with **respect**, even when we disagree.
- You can **repair friendships** after arguments through honesty and kindness.

Safe Relationships and Consent

- Everyone has the right to **personal space and privacy**.
- You should never keep a secret that makes you feel **worried or unsafe**.
- You can say **"no"** to things that make you uncomfortable.



Health and Wellbeing

Mental Health and Emotional Wellbeing

- Feelings like worry, anger, and sadness are **normal**.
- There are **healthy ways** to cope with big emotions (e.g. talking, drawing, breathing).
- You can ask for help when feelings become **too big or hard to handle**.

Physical Health and Lifestyle

- Keeping clean (washing hands, brushing teeth, bathing) helps stop illness.
- Sleep, healthy food, and movement help your body and brain **work well**.
- Screen time and sugar should be used in **moderation**.

Keeping Safe and First Aid

- Some situations are **unsafe**, and we should learn to spot warning signs.
- If something doesn't feel safe, **say no, get away, and tell an adult**.
- Know how to get help in an **emergency** (999, trusted adults).



Living in the Wider World

Debt	Debt is when one person who owes another person or company money, has to pay that money back within an agreed time.
Cyberbullying	A form of bullying online.
Consequences	A result, effect or outcome of an action
Deliberate	To do something intentionally / on purpose
Democracy	Where everyone gets a say in how things are done, and people choose their leaders by voting

Relationships

Discrimination	The process of making unfair views or actions between people based on the groups, classes, or other categories to which they belong or are thought to belong, such as race, gender, age, religion, physical features or sexual orientation.
Racism	When a person is treated differently because of their skin colour or ethnicity (their religion, language or culture).
Stereotypes	Thinking all people who belong to a certain group are the same and labelling them.
Prejudice	Judging someone without knowing them, on the basis of what they look like or what group they belong to.
Peer pressure	Influence or pressure from people around your age

Health and Wellbeing

Processed food	Any food or drink that has been changed in some way when it's made or prepared
Mental health	A person's condition with regard to their emotional well-being
Self-esteem	Confidence in your own worth or abilities; self-respect

Jack's Toolbox

Blue Zone Tools

- Active mile
- Go Noodle
- Talking it out
- Brain break
- Lion's breath breathing

Green Zone Tools

- Box breathing
- Visual timer
- Make a plan
- Use secrets of success
- Use talk partner
- Quiet zone to work

Yellow Zone Tools

- Worry box or time to talk
- Talk it out
- Positive talk
- Breaking tasks down

Red Zone Tools

- Bubble breathing
- Quiet time
- Sensory room
- Calm down fidget
- Talking it out