

## 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.