

Year 3&4	PSHE Knowledge organise	 S P I R I T		Lent Term 1							
Life to the full	Prayers and songs	Key Vocabulary And Knowledge		In the Wider World							
Drugs, alcohol and tobacco 	<p>♪♪♪ Sometimes Lord ♪♪♪</p> <p><i>Lectio Divina.</i></p>	<table border="1"> <tr> <td data-bbox="568 363 840 443"><i>Drugs</i></td> <td data-bbox="840 363 1713 443">Some drugs are medicines that are good for you, but some drugs are things you should never touch.</td> </tr> <tr> <td data-bbox="568 443 840 555"><i>Prescription</i></td> <td data-bbox="840 443 1713 555">Drugs that a doctor gives you to make you better if you are poorly. They give you a prescription, so that a chemist can give you the medicine that you need.</td> </tr> <tr> <td data-bbox="568 555 840 635"><i>Smoking</i></td> <td data-bbox="840 555 1713 635">Cigarettes contain a drug called nicotine and they are dangerous and really bad for your health.</td> </tr> <tr> <td data-bbox="568 635 840 715"><i>Alcohol</i></td> <td data-bbox="840 635 1713 715">Drinking alcohol affects the way you think and feel and it can be dangerous. Children should not touch this.</td> </tr> </table> <p><i>.To know alcohol and tobacco are harmful substances.</i></p> <ul style="list-style-type: none"> <i>• To know what tobacco is.</i> <i>• To know what is alcohol.</i> 	<i>Drugs</i>	Some drugs are medicines that are good for you, but some drugs are things you should never touch.	<i>Prescription</i>	Drugs that a doctor gives you to make you better if you are poorly. They give you a prescription, so that a chemist can give you the medicine that you need.	<i>Smoking</i>	Cigarettes contain a drug called nicotine and they are dangerous and really bad for your health.	<i>Alcohol</i>	Drinking alcohol affects the way you think and feel and it can be dangerous. Children should not touch this.	<p>International Women’s Day <i>Inspirational women are stepping forward and speaking out on a united front. To abolish stigmas, gender pay gaps and recognise how strong, smart, and savvy women are.</i></p>
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First aid heroes	<p>Guided Body Scan Meditation Dear God, Thank you that you care about me and my safety. Help me to spot danger signs in real life and online. Help me remember to talk about anything I see that upsets me. Amen</p>	<table border="1"> <tr> <td data-bbox="568 818 840 930"><i>First aid</i></td> <td data-bbox="840 818 1713 930">Helping someone who is hurt or sick before a doctor can come.</td> </tr> <tr> <td data-bbox="568 930 840 1010">999</td> <td data-bbox="840 930 1713 1010">The number you call for help in an emergency, for an Ambulance, the Fire Brigade or Police.</td> </tr> <tr> <td data-bbox="568 1010 840 1090"><i>Emergency</i></td> <td data-bbox="840 1010 1713 1090">A very serious situation that needs a quick response.</td> </tr> </table> <ul style="list-style-type: none"> <i>• To know how to help in an emergency using First Aid knowledge.</i> <i>• To know that in an emergency, it is important to remain calm.</i> <i>• To know that quick reactions in an emergency can save a life.</i> 	<i>First aid</i>	Helping someone who is hurt or sick before a doctor can come.	999	The number you call for help in an emergency, for an Ambulance, the Fire Brigade or Police.	<i>Emergency</i>	A very serious situation that needs a quick response.	<p><i>In honour of International Women’s Day, we will be looking at powerful and inspirational women</i></p> 		
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