

## Year 4 Alcohol

Lesson 1: Effects of Alcohol

Lesson 2: Alcohol and Risk

Lesson 3: Limits to Drinking Alcohol

### Programme of Study:

Core Theme 1:

Health and Wellbeing

1. What is meant by a healthy lifestyle

2. how to maintain physical, mental and emotional health and wellbeing

6. how to make informed choices about health and wellbeing and to recognise sources of help with this

8. to identify different influences on health and wellbeing

-which, why and how, commonly available substances and drugs (including alcohol and tobacco) could damage their immediate and future health and safety,  
-how to make informed choices

-what positively and negatively affects their physical, mental and emotional health

### Lesson 1

#### Learning Intention

To understand the effect alcohol has on the body

#### Learning Outcomes

To know what alcohol is and how it affects the body

To understand that everyone will be affected differently by alcohol

### Lesson 2

#### Learning Intention

To understand the risks related to drinking alcohol

#### Learning Outcome

To know there are risks to drinking alcohol

### Lesson 3

#### Learning Intention

To consider how society limits the drinking of alcohol

#### Learning Outcomes

To know some laws about drinking alcohol

To consider ways of persuading people to drink alcohol sensibly

Key vocabulary: alcohol, drink, illegal, unit, volume, media, advertising, choice, vomit, unconscious