

PSHE Year 4

This document shows the Year 4 PSHE (Personal, Social, Health and Economic education) curriculum for the full school year. The majority of lessons covering the RSE (Relationships and Sex Education) curriculum set by the Department of Education are in the Autumn and Summer terms. Lessons will normally be taught in the order seen unless the need for a specific topic changes for the year group.

Autumn- Relationships (Class Pledge) (Online Safety) (Bonfire Night Safety)	Spring- Living in a Wider World (Road Safety) (Emergency services calls) (First Aid)	Summer- Health and Wellbeing (Sun Safety)
<p style="text-align: center;"><u>Peer pressure/bullying</u></p> <ul style="list-style-type: none"> Know how to withstand peer pressure Understand how peer pressure is unhealthy Understand how to deal with dares that make them feel uncomfortable 	<p style="text-align: center;"><u>Our class</u></p> <ul style="list-style-type: none"> Understand what is meant by community Know the different communities they are part of Understand the different members of their class and school community and what they do to support 	<p style="text-align: center;"><u>Making choices</u></p> <ul style="list-style-type: none"> What choices do we make What choices do others make When can these choices be different
<p style="text-align: center;"><u>Saying no</u></p> <ul style="list-style-type: none"> Understand it is ok to say no to a friend Know how to say no to something they do not want to do 	<p style="text-align: center;"><u>Making a difference</u></p> <ul style="list-style-type: none"> Know why we have rules and laws Understand why different rules and laws are needed in different situations Understand how to be a part of changing rules 	<p style="text-align: center;"><u>Food and exercise</u></p> <ul style="list-style-type: none"> How our bodies get energy Eat-well plate
<p style="text-align: center;"><u>Personal space</u></p> <ul style="list-style-type: none"> Understand they have the right to personal space and privacy Know what to do when they feel uncomfortable with someone's actions towards them 	<p style="text-align: center;"><u>Media</u></p> <ul style="list-style-type: none"> Know how to find out about and talk about topical issues that affect them Understand how media portrayal isn't always realistic 	<p style="text-align: center;"><u>Managing risk</u></p> <ul style="list-style-type: none"> Understand difference between dangerous, risky or hazardous How to manage risk Know who in the community keeps us safe Understand consequences of risky behaviour
<p style="text-align: center;"><u>Team work</u></p> <ul style="list-style-type: none"> Know how to work collaboratively towards shared goals Know how to negotiate and compromise in a respective way 	<p style="text-align: center;"><u>Diverse country</u></p> <ul style="list-style-type: none"> Understand and appreciate the range of identities in the UK 	<p style="text-align: center;"><u>Alcohol and cigarettes</u></p> <ul style="list-style-type: none"> Know key risks and effects of alcohol and cigarettes
<p style="text-align: center;"><u>Marriage</u></p> <ul style="list-style-type: none"> Understand the laws relating to marriage including age, same sex marriage Understand why some couples may decide not to get married 	<p style="text-align: center;"><u>Stereotypes</u></p> <ul style="list-style-type: none"> Understand what a stereotype is Understand why stereotypes are formed Understand the media's influence/use of stereotypes 	<p style="text-align: center;"><u>Medicine safety</u></p> <ul style="list-style-type: none"> Know the risks of medicines Understand how diseases spread

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<p style="text-align: center;"><u>Emotions</u></p> <ul style="list-style-type: none"> • Understand a wide range of emotions • Understand how different emotions can be felt in the same situation • Understand how emotions can link to our physical feelings 	<p style="text-align: center;"><u>Rights and responsibilities</u></p> <ul style="list-style-type: none"> • Understand that everyone has human rights • Know what some human rights of children are • Understand that human rights are protected 	<p style="text-align: center;"><u>Conflicting emotions</u></p> <ul style="list-style-type: none"> • Understand link between emotions and facial/body expressions • Understand how feelings about something can change • How to handle conflicting emotions • How feelings can affect us physically • Understand how to compromise
<p style="text-align: center;"><u>Secrets</u></p> <ul style="list-style-type: none"> • Know the difference between secrets and surprises • Know when it is ok to 'break a secret' • Understand that some secrets are bad and should be told to a trusted adult 	<p style="text-align: center;"><u>Our community</u></p> <ul style="list-style-type: none"> • Understand how members of the community help • Understand and respect the role of a volunteer • Understand the importance of volunteering • Know ways in which they can care for the environment 	<p style="text-align: center;"><u>Change</u></p> <ul style="list-style-type: none"> • Know common changes they may experience during childhood • Know the emotions associated with change and how to cope with them
<p style="text-align: center;"><u>Types of relationships</u></p> <ul style="list-style-type: none"> • Understand the different types of relationships common for their age • Know how these different relationships can have an impact on them 	<p style="text-align: center;"><u>Our environment</u></p> <ul style="list-style-type: none"> • Understand how different organisations take care of the environment • Understand why this is important 	<p style="text-align: center;"><u>Achievements</u></p> <ul style="list-style-type: none"> • Know what to be proud of and what to work on. • Understand why we shouldn't compare ourselves to what others can do
<p style="text-align: center;"><u>Differences</u></p> <ul style="list-style-type: none"> • Understand that everyone is unique • Appreciate what makes them different • Understand that they can make different choices to their friends • Know what to do when someone is unkind due to a difference 	<p style="text-align: center;"><u>Income</u></p> <ul style="list-style-type: none"> • Understand 'income' and 'expenses' • Know what expenses there are at home and at school • Know which expenses are essential and which are non-essential • Understand what Tax is • Understand what tax is used for and who pays it 	
	<p style="text-align: center;"><u>First Aid</u></p> <ul style="list-style-type: none"> • Know how to make a 999 call • Know how to help someone who is unconscious • Know how to help someone who is bleeding • Understand why an injured person may need to be left where they are for help to come to them 	

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