

PSHE

Year 4 – Autumn 1

Health and Wellbeing

In this unit of work, pupils learn...

- How to recognise personal qualities and individuality.
- To develop self-worth by identifying positive things about themselves and their achievements.
- How their personal attributes, strengths, skills and interests contribute to their self-esteem.
- How to set goals for themselves.
- How to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking.

PSHE

Year 4 – Autumn 2

Relationships

In this unit of work, pupils learn...

- How people's behaviour affects themselves and others, including online.
- How to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return.
- About the relationship between rights and responsibilities.
- About the right to privacy and how to recognise when a confidence or secret should be kept (such as a nice birthday surprise everyone will find out about) or not agreed to and when to tell (e.g. if someone is being upset or hurt).
- The rights that children have and why it is important to protect these.
- That everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination.
- How to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concerns.

PSHE

Year 4 – Spring

Health and Wellbeing

In this unit of work, pupils learn...

- How everyday things can affect feelings.
- How feelings change over time and can be experienced at different levels of intensity.
- The importance of expressing feelings and how they can be expressed in different ways.
- How to respond proportionately to, and manage, feelings in different circumstances.
- Ways of managing feelings at times of loss, grief and change.
- How to access advice and support to help manage their own or others' feelings.

PSHE

Year 4 – Summer 1

Living in the wider world

In this unit of work, pupils learn...

- How people have a shared responsibility to help protect the world around them.
- How everyday choices can affect the environment.
- How what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity).
- The skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues.
- How to show care and concern for others (people and animals).
- How to carry out personal responsibilities in a caring and compassionate way.

PSHE

Year 4 – Summer 2

Health and Wellbeing

In this unit of work, pupils learn...

- How to recognise, predict, assess and manage risk in different situations.
- How to keep safe in the local environment and less familiar locations (e.g. near rail, water, road; fire/firework safety; sun safety and the safe use of digital devices when out and about).
- How people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage this influence.
- How people's online actions can impact on other people.
- How to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online.
- How to report concerns, including about inappropriate online content and contact.
- That rules, restrictions and laws exist to help people keep safe and how to respond if they become aware of a situation that is anti-social or against the law.