



PSHE & RSHE: Year 4

What are the aims and intentions of this curriculum?

That children will:

- Learn that families are varied and differences must be respected; understanding physical and emotional boundaries in friendships; exploring: the roles of bully, victim and bystander; how behaviour affects others; manners in different situations and learning about bereavement
- Develop further emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming and relaxing activities; developing independence in dental hygiene
- Build awareness of online safety and the benefits and risks of sharing information online; identifying the difference between private and public; age restrictions; exploring the physical and emotional changes in puberty; the risks associated with tobacco; knowing how to help someone with asthma
- Learn about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government
- Explore: choices associated spending, what makes something good value for money, career aspirations and what influences career choices
- Be prepared for the transition into Year 5 and the changes, challenges and opportunities this brings

Term	Topic	Knowledge	Skills	Vocabulary
Autumn	Families and relationships	<ul style="list-style-type: none"> • To develop understanding of courtesy and manners in a range of situations • To begin to understand the physical and emotional boundaries in friendships • To understand that my behaviour can have an impact on others • Explore how actions and behaviour can affect other people. • To understand the impact of bullying and the responsibility of bystanders to help • To explore stereotypes in fictional characters and think about how these might influence us • To recognise that stereotypes can relate to a number of factors • To begin to understand that families are very varied, in this country and across the world • Use respectful language to discuss different families. • To know how we can help people following a bereavement 		Good/ Bad manners, Rude, Respect, Different situations, Permission, Boundary, Expectations, Consent, Position of authority, Happiness, Impact, Act of kindness, Helping, Kind, bullying, witness, bystander, involved, Gender, Stereotype, Reinforce, Character, Negative, disability, discrimination, Similarity, Difference, Same, Respect, Culture, Unhelpful, Death, Loss, Bereavement, Sympathy, Helpful
Autumn/ Spring	Health and well-being	<ul style="list-style-type: none"> • To understand how we can look after our teeth • Develop independence in looking after my teeth. • To understand what relaxation feels like 		Tooth, Teeth, Sugary drink, Healthy, Brush, Dentist, Fluoride, Toothpaste, relax, place, calm,



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		<ul style="list-style-type: none"> To understand that relaxation techniques can be used anywhere Identify what makes me feel calm and relaxed. Learn visualisation as a tool to aid relaxation. To develop a growth mindset and understand that mistakes are useful To identify my own strengths and begin to see how they can affect others Explore how my skills can be used to undertake certain jobs. To identify what's important to me and to take responsibility for my own happiness To understand a range of emotions Explore ways we can make ourselves feel happy or happier. Develop the ability to appreciate the emotions of others in different situations. Learn to take responsibility for my emotions by knowing that I can control some things but not others. To begin to understand what mental health is and who can help if I need it 	<p>visualise, imagine, mistake, learn, resilience, growth mindset, job, skill, role, strength, feelings, emotions, happy, Disappointed, Angry, Nervous, Anxious, Shocked, Positive emotions, Happy, Excited, Joyful, Astonished, Grateful, Enthusiastic, Negative emotions, Sad, Worried, Emotions, Feelings, Physical health, Mental health, Negative emotions</p>
Spring	Safety and the Changing Body	<ul style="list-style-type: none"> To understand that there are risks to sharing things online. Learn about the benefits and risks of sharing information online. To know the difference between private and public. To understand the risks associated with smoking tobacco. Discuss the benefits of being a non-smoker. To understand the physical changes to both male and female bodies as people grow from children to adults. Discuss some physical and emotional changes during puberty. To know that asthma is a condition that causes the airways to narrow. Learn how to help someone who is having an asthma attack. Discuss how to seek help if I need to. Explore what to do if an adult makes me feel uncomfortable. 	<p>Age restriction, Asthma, Breasts ,Penis, Genitals, Law, Private, Protect, Puberty, Public, Tobacco,</p>
Spring/ Summer	Citizenship	<ul style="list-style-type: none"> To know that human rights are specific rights that apply to all people. To know some of the people who protect our human rights such as police, judges and politicians. Discuss how we can help to protect human rights. To know that reusing items is of benefit to the environment. Identify ways items can be reused. To understand that councillors have to balance looking after local residents and the needs of the council. To know that there are a number of groups that make up the local community. Identify the benefits different groups bring to the local community. 	<p>Authority, Cabinet, Community, Council, Council officer, Diversity Environment, Human rights, Local government, Protect, Reuse, United Nations/UN, Volunteer,</p>



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		<ul style="list-style-type: none">• Discuss the positives diversity brings to a community.	
Summer	Economic Well-being	<ul style="list-style-type: none">• To know that money can be lost in a variety of ways.• Discuss some impacts of losing money.• To understand the importance of tracking money.• Explore the factors which affect whether something is value for money.• To know that many people will have more than one job or career in their lifetimes.• Identify negative and positive influences that can affect our career choices.• Explore ways to overcome stereotypes in the workplace.	Bank balance, Bank statement, Career, Debit card,
	Transition	<ul style="list-style-type: none">• Creating goals to achieve before entering Year 5• Recognise our own achievements.• Be able to set goals.	Goal, achievement, change,