



PSHE & RSHE: Year 4

What are the aims and intentions of this curriculum?

By the end of Lower KS2 pupils will:

- Learn that families are varied and differences must be respected; understand physical and emotional boundaries in friendships; explore: the roles of bully, victim and bystander; how behaviour affects others; manners in different situations and learning about bereavement
- Develop emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciate the emotions of others; develop a growth mindset; identify calming and relaxing activities; develop independence in dental hygiene
- Build awareness of online safety and the benefits and risks of sharing information online; identify the difference between private and public; age restrictions; explore 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; explore the role of groups within the local community and appreciate community diversity; looking at the role of local government
- Explore choices associated with looking after money, what makes something good value for money, stereotypes in the workplace, career changes and what influences career choices.
- Prepare for the transition into Year 5 and the changes, challenges and opportunities this brings

| Term | Topic | Key Learning | Vocabulary |
|----------------|-----------------------------------|--|--|
| Autumn | Families and relationships | <ul style="list-style-type: none"> • Understand that manners vary in different situations. • Understand boundaries in friendships, including physical boundaries and expectations. • Understand that what they do and say affects other people. • Understand the impact of bullying and the role bystanders can take. • Recognise male and female stereotyped characters. • Understand that stereotypes about disabilities are usually untrue. • Understand that families are all different and they offer each other support but sometimes they can experience problems. • Know what bereavement is and how to support someone who has experienced a bereavement. | act of kindness authority bereavement boundaries bystander permission |
| Autumn/ Spring | Health and well-being | <ul style="list-style-type: none"> • Identify and share key facts about dental health. • Describe a calm place that helps them to feel relaxed. | fluoride healthy |



PSHE & RSE: Year 4

| | | | |
|-------------------|-------------------------------------|--|--|
| | | <ul style="list-style-type: none"> Describe how they feel when they make a mistake and explain what can be learned from making mistakes. Write or describe their strengths and how they could use these in school. Describe what makes them happy, suggesting how they could work towards this as a goal. Explain that there are some things they can control and others they cannot. Understand the range of emotions we can experience. Understand what mental health is and that sometimes people might need help | mental health negative emotions positive emotions relaxation resilience skill visualise |
| Spring | Safety and the Changing Body | <ul style="list-style-type: none"> Understand the reasons for legal age restrictions. Understand how quickly information can spread on the internet and some of the risks associated with that. Assess and give first aid to a casualty who is having difficulty breathing due to an asthma attack. Understand the difference between private and public, and secrets and surprises. Understand how search engines work and whether information is useful. Understand the changes they have already gone through and aware of some changes to come. Understand that they will change physically as they develop into adults. Understand some of the risks of smoking and some of the benefits of being a non-smoker. | Age restriction Asthma Breasts Genitals Law Penis Private Protect Puberty Public Testicles/Testes Tobacco |
| Spring/ Summer | Citizenship | <ul style="list-style-type: none"> Understand what human rights are and why they are important. Understand how reusing items benefits the environment. Understand the range of groups that exist in the wider community. Understand how community groups can focus on different areas of interest. Understand that diversity supports a community to work effectively. Understand the role of local councillors. | Authority Community Council Council officer Diversity Environment Human rights Protect Reuse Volunteer |
| Summer | Economic Well-being | <ul style="list-style-type: none"> Identify and justify items they consider good value for money. Identify multiple factors that influence whether something is good value for money. | bank account bank statement |



PSHE & RSE: Year 4

| | | | |
|--|-------------------|---|--|
| | | <ul style="list-style-type: none">• Understand the importance of tracking spending.• Identify different ways to keep money safe.• Identify a range of influences on job choices.• Suggest ways to respond to certain influences over career choices.• Identify different reasons why people might change careers• Suggest proactive steps that can be taken to challenge and overcome these stereotypes. | career career satisfaction influence password perspective satisfaction security value for money |
| | Transition | <ul style="list-style-type: none">• Identify achievements this year• Set myself goals• Know who I can talk to if I am worried about anything | Goal, achievement, change, |