

## Y4 PSHE CURRICULUM

<b>4</b>	<b>Autumn</b>		<b>Spring</b>		<b>Summer</b>	
	<b>Families and people who care for me</b>	<b>Caring Friendships</b>	<b>Online Relationships</b>	<b>Respectful Relationships</b>	<b>Being Safe</b>	<b>Mental Wellbeing</b>
<b>Key Questions</b>	Explore ways in which families can offer protection and care for one another, including extended family Explore how families can support one another in times of difficulty	Understand how to recognise who to trust and who not to trust and how to judge if a friendship is making them feel uncomfortable Understand that healthy friendships make people feel included & learn some strategies for how to include others as well as how to seek help if you're feeling lonely	Consider why someone might behave differently online, including pretending to be someone they are not Learn some strategies for recognising risks, harmful content and contact; how to report concerns	Understand that personal behaviour can affect other people: to recognise and model respectful behaviour online To understand the responsibility of the bystander regarding any type of bullying	Recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact Learn about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online)	Continue to develop a plethora of self-care techniques including the importance of seeking help or support from others. Begin to consider how you know when your feelings and/ or actions are appropriate or justified
<b>Vocabulary</b>	acquaintances, actions, alternatives, anonymous, anti-bullying, arguments, behaviour, bully, bullying, care, choices, complimenting, compromise, conflict, consideration, cyber, dares, decisions,	differences, discrimination, disputes, diversity, equality, equity, falling-out, families, family, friends, friendship, healthy, help, hobbies, honest, impact, important, interests, kindness, loyal, negotiation, opinions, physical,	prejudice, prejudiced, reflect, relationship, relatives, resolution, resolving, respect, self-preservation, strategies, support, support, network, teasing, techniques, thought, unhealthy, victim, views, VIPs	achieve, actions, attitude, behaviours, benefit, body language, change, collaboratively, communication, compromise,	conflict, consequences, considerate, dispute, effect, emotion, facial expression, feelings, goals, group, helpful,	impact, individuals, interpret, listening, negotiation, reflect, resolution, resolve, responding, responsibility, ripple, scenarios, team, teammates, teamwork, transition, unhelpful
<b>Skills</b>	<p>These objectives are taught through the whole curriculum/assemblies:</p> <p><b>Physical Health and Wellbeing</b> – Understand how and when to seek support and who to speak to if they are concerned about their health. To understand the importance of building regular exercise into their routines and how to achieve this.</p> <p><b>Internet Safety</b> – Understand how to use search engines effectively to ensure the most accurate information. Begin to understand how to display respectful behaviour online and what to do if they experience something that worries them.</p> <p><b>Healthy Eating</b> – Begin to understand what is meant by a poor diet and the potential risks associated with unhealthy eating.</p> <p><b>Basic first Aid</b> - Understand how to identify someone who is having an asthma attack, how to give first aid. Demonstrate some ways to deal with head injuries and how to access further medical support if necessary.</p> <p><b>Health and Prevention</b> - Understand some ways to identify physical illness. Begin to understand some common allergies they may encounter.</p> <p><b>Drugs, Alcohol and Tobacco</b> - Alcohol and risk. Effects of alcohol. Limits to drinking alcohol</p>			<p><b>Sex and Relationship Education</b></p> <p>Explore the human lifecycle Explore how puberty is linked to reproduction Identify some basic facts about puberty.</p>		
						