

Year 4 PSHE Programme of Study – Autumn Term

	Autumn Term
<p>Relationships Education</p>	<p>Working Collaboratively - <i>Can I work collaboratively towards shared goals?</i></p> <p>Safe Speak – NSPCC Assembly - <i>Do I understand personal boundaries? Can I identify what I am willing to share with my most special people; friends; classmates and others? Do I understand that we all have rights to privacy? Can I judge what kind of physical contact is acceptable or unacceptable and how to respond? Do I understand the concept of ‘keeping something confidential or secret’, when I should or should not agree to this and when it is right to ‘break a confidence’ or ‘share a secret’?</i></p> <p>Similarities and Differences - <i>Do I understand that differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation and disability?</i> Prompt for discussion – Book: Tusk Tusk by David McKee</p> <p>Stereotypes - <i>Can I recognise and challenge stereotypes?</i> Prompt for discussion – Gender Stereotypes – ‘Bricklaying is a man’s job!’</p> <p>Discrimination - <i>Do I realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours?</i> Prompt for discussion – Book: The Thing by Simon Puttock</p> <p>Remembrance - Citizenship focus</p> <p>Anti-Bullying - <i>Do I know how to recognise bullying and abuse in all its forms?</i> Prompt for discussion – Annual Anti-Bullying Week theme</p> <p>Human Rights - <i>Do I understand that there are basic human rights shared by all peoples and all societies and that children have their own special rights set out in the United Nations Declaration of the Rights of the Child?</i> Prompt for discussion – Book: For Every Child</p>
<p>Physical Health and Mental Wellbeing</p>	<p>Feelings - <i>Do I understand what positively and negatively affects my physical, mental and emotional health?</i></p>

Year 4 PSHE Programme of Study – Spring Term

	Spring Term
Relationships Education	People Living in Other Places – Comic/Sport Relief - Citizenship focus
Physical Health and Mental Wellbeing	<p>Setting Goals - <i>Can I reflect on and celebrate my achievements, identify my strengths and areas for improvement and set high aspirations and goals?</i></p> <p>Drugs - <i>Do I understand what is meant by the word ‘habit’ and why habits can be hard to change? Do I know which, why and how commonly available substances and drugs (including alcohol, tobacco and energy drinks) can damage my immediate and future health and safety and that some are restricted and some are illegal to own, use and give to others?</i></p> <p>Screen Time - <i>Do I understand the responsible use of mobile phones?</i></p> <p>First Aid - <i>Do I know basic emergency First Aid?</i></p> <p>Who Keeps Me Safe? - <i>Do I recognise how my increasing independence brings increased responsibility to keep myself and others safe? Do I know who is responsible for helping me stay healthy and safe? Do I understand that my actions affect myself and others?</i></p>

Year 4 PSHE Programme of Study – Summer Term

	Summer Term
<p>Relationships Education</p>	<p>My Family - <i>Do I understand that all families are different and that everyone's family is important to them?</i> Prompt for discussion – Books: And Tango Makes Three by Justin Richardson; Julian at the Wedding by Jessica Love</p> <p>Respect - <i>Do I understand the importance of self-respect and how this links to my own happiness? Do I understand the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs?</i> Prompt for discussion – Book: The Lion Inside by Rachel Bright</p> <p>Friendships - <i>Do I understand that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right?</i></p>
<p>Physical Health and Mental Wellbeing</p>	<p>Sun Safe Assembly - <i>Do I understand about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer?</i></p> <p>Healthy Minds, Healthy Bodies - <i>Do I understand the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness?</i></p> <p>Body Parts and Keeping Safe - <i>Can I label the personal and private parts of bodies explain the difference between safe and unsafe touches? Taught in single sex groups.</i></p> <p>Body Care – <i>Can I explain why it is important to keep my body clean? Taught in single sex groups.</i></p> <p>Puberty and the Changing Adolescent Body (Girls) – <i>Do I understand about menstrual wellbeing, including the key facts about the menstrual cycle?</i></p>