

Year 4 PSHE Programme of Study – Autumn Term

Autumn Term	
Being Safe	<p>Children will learn:</p> <ul style="list-style-type: none"> • To recognise the need for rules and laws. • To understand the difference between ‘needs’ and ‘wants’. • That our behaviour can have an impact on the environment. • How to identify how to predict, assess and manage risk in different situations. • To identify strategies for keeping safe online. <p>Visitor: Flat Stan First Aid Workshop</p>
Bullying Matters	<p>Children will learn:</p> <ul style="list-style-type: none"> • To know that some people are bullied because they are different. • To know what discrimination is. • To know that their own actions have consequences and can affect other people. <p>Text: <i>The Thing</i> by Simon Puttock</p>

Year 4 PSHE Programme of Study – Spring Term

Spring Term	
Drug Education	<p>Children will learn:</p> <ul style="list-style-type: none"> • That some drugs are good and, if taken correctly, safe to use. • How to predict and assess risks in different situations. • What is meant by the word ‘habit’ and why habits can be hard to change.
Exploring Emotions	<p>Children will learn:</p> <ul style="list-style-type: none"> • That it is important to take care of our own mental health. • Feelings can be expressed in different ways. • To recognise that feelings can change over time and range in intensity • To identify strategies for dealing with emotions.

Year 4 PSHE Programme of Study – Summer Term

	Summer Term
Difference & Diversity	<p>Children will learn:</p> <ul style="list-style-type: none">• To be able to explain what a stereotype is and be able to challenge them.• To respect similarities and differences between myself and other people.• To be able to explain how to be respectful to others. <p>Text: <i>Along Came a Different</i> by Tom McLaughlin</p>
Growing Up	<p>Children will learn:</p> <ul style="list-style-type: none">• To explain the importance of personal hygiene and personal boundaries.• To name an adult they can speak to if they have any worries. <p>GIRLS ONLY WILL LEARN:</p> <ul style="list-style-type: none">• To understand about menstrual wellbeing, including the key facts about the menstrual cycle. <p>Texts: <i>We Are The Wibbly!</i> By Sarah Tagholm; <i>Let's Talk About Body Boundaries, Consent & Respect</i> by Jayneen Sanders</p>