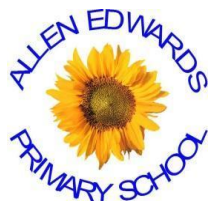


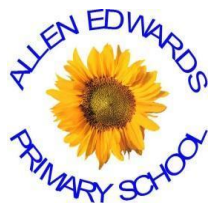
Individually Strong, Collectively Stronger!

PSHE and RSHE			Year 4		
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
 Being Me in My World:	 Celebrating Differences:	 Healthy Me:	 Dreams and Goals:	 Relationships:	 Changing Me:
1. LI: To know my attitudes and actions make a difference to the class team. LI: To know how it feels to be included in or excluded from a group and to try to make people feel welcome and valued. 2. LI: To understand who is in my school community, the roles they play and how I fit in. LI: To take a role in a group and contribute to the overall outcome. 3. LI: To understand how democracy works through the school council. 4. LI: To understand that my actions affect myself and others. To care about other people's feelings and	1. LI: To understand that, sometimes, we make assumptions based on what people look like. LI: To try to accept people for who they are. 2. LI: To understand what influences me to make assumptions based on how people look. LI: To question why I think that I do about other people. 3. LI: To know that sometimes bullying is hard to spot and to know what to do if I think it is going on but I'm not sure. LI: To know how it might feel to be a witness to and a target of bullying.	1. LI: To recognise how different friendship groups are formed, how I fit into them and the friends I value the most. 2. LI: To understand how peer influence can lead to unsafe choices, including fire risks and risky behaviour and to know how to reduce risks and ask for help. LI: To recognise and explore strategies to manage feelings of embarrassment, pressure or wanting to fit in that might stop me from making safe choices. 3. LI: To understand the facts about the effects of smoking <u>and</u> <u>vaping</u> on health as well as reasons why people might start to smoke <u>or</u> <u>vape</u>.	1. LI: To share my hopes and dreams and my feelings about these. 2. LI: To understand that sometimes hopes and dreams do not come true, that this can hurt and that resilience and support from others can help. LI: To know how disappointment feels and identify and reflect on times when I have felt that way. 3. LI: To know how to cope with disappointment and find ways to move forward and build my self-esteem. 4. LI: To know how to make a new plan and set new goals even if I have been disappointed.	1. LI: To recognise situations which can cause jealousy in relationships. LI: To develop strategies to identify and manage jealousy when this happens. 2. LI: To identify someone I love and express why they are special to me. LI: To recognise how most people feel when they lose someone or something they love. 3. LI: To talk about someone that I know that I no longer see. LI: To understand that we can remember people even if we no longer see them. 4. LI: To recognise how friendships change, know how to make new friends and	(SEX EDUCATION HAS BEEN REMOVED FROM THIS YEAR GROUP) 1. LI: To understand that lots of things make up a person's identity and this is what makes them unique. LI: To describe how I will have choices about developing my own identity and interests as I grow up and that these will contribute to who I am. 2. LI: To describe how a girl's body changes in order for her to be able to have babies as an adult and that menstruation is a natural part of this. LI: To develop strategies to cope with the physical and



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try to empathise with them. LI: To understand how rewards and consequences motivate people's behaviour. 5. LI: To understand how groups come together to make decisions. 6. LI: To understand how democracy and having a voice benefits the school community.	4. LI: To tell you why witnesses sometimes join in with bullying and sometimes don't tell. LI: To problem-solve a bullying situation with others. 5. LI: To identify what is special about me and value the ways in which I am unique. 6. LI: To tell you a time when my first impression of someone changed when I got to know them. LI: To explain why it is good to accept people for who they are.	LI: To recognise negative feelings in a peer pressure situation and to know how to act assertively to resist pressure from myself and others. LI: To understand the facts about alcohol and its effects on health, particularly the liver and the reasons why people drink alcohol. 5. LI: To recognise when people are putting me under pressure and ways to resist this pressure. 6. LI: To know myself enough to have a clear view of right and wrong. LI: To know how to be assertive.	LI: To know what it means to be resilient. 5. LI: To know how to work out the steps to take to achieve a goal and can do this successfully as part of a group. 6. LI: To identify the contributions made by myself and others to the group's achievement. LI: To know how to share in the success of a group and how to store this success experience in my internal treasure chest.	how to manage when I fall out with my friends. LI: To know how to stand up for yourself and negotiate and compromise. 5. LI: To understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older. LI: To understand that boyfriend/ girlfriend relationships are special and not to feel pressured into one. 6. LI: To know how to show love and appreciation to the people and animals who are special to me.	emotional changes during puberty. 3. To know there are many types of family and that often our family members form part of our inner circle of trusted people that I can turn to if I need help and support as I grow up and go through puberty. LI: To know that it is normal to sometimes feel anxious about growing up and where to seek support. 4. LI: To know how the circle of change works and how to apply it to changes I want to make in my life. LI: To have the confidence to make changes when I think they will benefit me. 5. LI: To identify changes that have been and may continue to be outside of my control that I learn to accept. 6. LI: To identify what I am looking forward to next year and reflect on changes that I would like to make
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Whole school event links:					
Introductory Rights Respecting Schools afternoon LI: To explore children's rights and how we can support children whose rights are not respected	Anti-Bullying Week LI: To explore what bullying is, its effects and strategies to support myself and others. OutRight Campaign on World Children's Day LI: To explore how I can use my voice to create change	Children's Mental Health Week LI: To explore the links between physical and mental health and strategies that can support my wellbeing	Red Nose Day LI: To explore the consequences of poverty around the world and how charity and fundraising can help Aspirations Week LI: To talk with a range of adults about their jobs and reflect on my own aspirations for the future	Culture Day LI: To celebrate the diverse range of cultures that make up our school community	Refugee Week LI: To explore the changes that refugees go through and how we can support and welcome them