







Individually Strong, Collectively Stronger!

PSHE and RSHE			Year 4		
Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
 <p>Being Me in My World:</p>	 <p>Celebrating Differences:</p>	 <p>Dreams and Goals:</p>	 <p>Healthy Me:</p>	 <p>Relationships:</p>	 <p>Changing Me:</p>
<p>LI: To know my attitudes and actions make a difference to the class team.</p> <p>LI: To understand who is in my school community, the roles they play and how I fit in.</p> <p>LI: To understand how democracy works through the school council.</p> <p>LI: To understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them.</p> <p>LI: To understand how groups come together to make decisions.</p> <p>LI: To understand how democracy and having a voice benefits the school community.</p>	<p>LI: To understand that, sometimes, we make assumptions based on what people look like.</p> <p>LI: To understand what influences me to make assumptions based on how people look.</p> <p>LI: To know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure.</p> <p>LI: To can tell you why witnesses sometimes join in with bullying and sometimes don't tell.</p> <p>LI: I can identify what is special about me and value the ways in which I am unique.</p> <p>LI: I can tell you a time when my first impression of someone changed when I got to know them.</p>	<p>LI: To share my hopes and dreams.</p> <p>LI: To understand that sometimes hopes and dreams do not come true and that this can hurt.</p> <p>LI: To know that reflecting on positive and happy experiences can help me counteract disappointment.</p> <p>LI: To know how to make a new plan and set new goals even if I have been disappointed.</p> <p>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.</p> <p>LI: To identify the contributions made by myself and others to the group's achievement.</p>	<p>LI: To recognise how different friendship groups are formed, how I fit into them and the friends I value the most.</p> <p>LI: To understand there are people who take on the role of leaders or followers in a group and know the role you take in different situations.</p> <p>LI: To understand that different people and groups impact upon you and recognise the people you want to be friends with.</p> <p>LI: To understand the facts about smoking and its effects on health and also reason why people smoke.</p> <p>LI: To recognise negative feelings in peer pressure situations and know how to assertively act to resist pressure.</p> <p>LI: To understand the facts about alcohol and its effects on health, particularly the liver and</p>	<p>LI: To recognise situations which can cause jealousy in relationships.</p> <p>LI: To develop strategies to identify and manage jealousy when this happens.</p> <p>LI: To recognise how most people feel when they lose someone or something they love.</p> <p>LI: To talk about someone that I know that I no longer see.</p> <p>LI: To know the characteristics of positive friendships (not Jigsaw-based lesson).</p> <p>LI: To recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.</p> <p>LI: To know how to stand up for yourself and negotiate and compromise.</p> <p>LI: To understand privacy and know</p>	<p>LI: To understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.</p> <p>LI: To label the internal and external parts of male and female bodies that are necessary for making a baby.</p> <p>LI: To understand that having a baby is a personal choice.</p> <p>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.</p> <p>LI: To develop strategies to cope with the physical and emotional changes during puberty.</p> <p>LI: To know how the circle of change works and how to apply it to changes I want to make in my life.</p>



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			<p>the reasons why people drink.</p> <p>LI: To understand the importance of sleep and how a lack of sleep can affect me (not Jigsaw-based lesson).</p> <p>LI: To recognise when people are putting me under pressure and ways to resist this pressure.</p> <p>LI: To know myself enough to have a clear view of right and wrong.</p> <p>LI: To know how to be assertive.</p>	<p>when to maintain privacy and when to speak out to help keep someone safe (not Jigsaw-based lesson).</p> <p>LI: To understand what having a boyfriend/girlfriend might mean and that it is special relationship for when I am older.</p> <p>LI: To understand that boyfriend/ girlfriend relationships are special and not to feel pressurised into one.</p>	<p>LI: To identify changes that have been and may continue to be outside of my control that I learn to accept.</p> <p>LI: To identify what I am looking forward to next year.</p>
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