**PSHE Curriculum Overview Year 4**

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| Core Theme: Health, Wellbeing and Mental Health | | | | |
| Topic | Learning outcome | Key Vocabulary | Cross curricular links | Term it is taught in |
| Healthy Lifestyles | To know what makes up a balanced diet.  To make their own choices about food.  To know what influences their choice about food. | Balanced diet, choices, food, influences | DT- food unit  Pol-Ed Year 4 Wellbeing | Autumn 2 |
| Growing and Changing | To recognise their achievements and set personal targets for the future. | Achievements, aspirations, goals, strengths, target setting | Character curriculum | Autumn 1 |
| Growing and Changing | To recognise the different kinds of change that happen in life and the feelings associated with them. | Change, transitions, loss, separation, divorce, bereavement |  | Spring 2 |
| Keeping Safe | To know how to manage risks in familiar situations and keep themselves safe including hazard in the home. | Risk, danger, hazard, responsibility, safety | RSE  Pol-Ed Year 4 Keeping Safe | Spring 1 |
| Healthy Lifestyles | To know simple hygiene routines and prevent the spread of bacteria and viruses. | Bacteria, viruses, hygiene routines | Pol-Ed Year 4 Wellbeing | Autumn 1 |
| Keeping Safe | To know about negative pressure and how to manage it.  To understand peer influence. | Pressure, managing pressure, influences, media, peer | Pol-Ed Year 4 Relationship | Summer 1 |
| Keeping Safe | To know the importance of school rules for health and safety. | Emergency aid, help. Safety, rules |  | Autumn 1 |
| Healthy Lifestyles | To know what is meant by a habit.  To know habits can be hard to change. | Habits | RSE  Pol-Ed Year 4 Wellbeing | Spring 2 |
| Healthy Lifestyles | To know that drugs are common in everyday life (medicines, caffeine, alcohol and tobacco) | Drugs, alcohol, tobacco, medicines, caffeine | RSE | Spring 2 |
| Growing and Changing | To know about the changes that happens during puberty. | Puberty, physical and emotional changes | RSE | Summer 2 |
| Keeping Safe | To know how to keep safe in the local environment. | Safety, roads, cycle, rail, water, fire |  | Spring 1 |
| Keeping Safe | To know how to keep safe online. | Safety, online, personal information, passwords, images | Online safety- Computing | Spring 1 |
| Keeping Safe | To know the people who help them stay healthy and safe. | Advice, support, asking for help |  | Autumn 1 |
| Keeping Safe | To know how to keep safe in the local area. |  | Pol-Ed Year 4 Keeping Safe |  |
| Keeping Safe | To know what first aid is know some basic first aid. |  | Pol-Ed Year 4 Keeping Safe |  |
| Core Theme: Relationships | | | | |
| Topic | Learning outcome | Key Vocabulary | Cross curricular links and | Term it is taught in |
| Healthy Relationships | To know what makes positive, healthy relationships including friendships  To know how to maintain good friendships. | Friendships, families, couples, positive relationships | RSE  Pol-Ed Year 4 Relationships | Autumn 2 |
| Healthy Relationships | To know how actions affect others and ourselves. | Actions, behaviour, consequences | Character curriculum | Ongoing |
| Healthy Relationships | To know the difference between acceptable and unacceptable physical contact. | Physical contact, touch, acceptable, unacceptable | RSE | Summer 1 |
| Feelings and Emotions | To know when they should or should not agree to keep a secret. | Confidentiality, secrets, surprises, personal safety |  | Autumn 2 |
| Valuing Difference | To know how to listen and respond respectfully to a wide range of people.  To know how to share their view point respectfully | Listening, viewpoints, opinions, respect | Skills for Life | On going |
| Healthy Relationships | To solve disputes and conflict amongst themselves and their peers. | Disputes, conflict, feedback, support, negotiation, compromise | Character curriculum | Spring 1 |
| Valuing Difference | To understand the term diversity. | People, identity, similarities, differences, equality | Pol-Ed Year 4 Relationships | Autumn 2 |
| Valuing Difference | To recognise bullying.  To know how to respond and ask for help. | Bullying, discrimination, aggressive behaviour | Anti bullying | Autumn 2 |
| Valuing Difference | To know what is meant by the term discrimination | Stereotypes | Pol-Ed Year 4 Relationships | Autumn 2 |
| Healthy Relationships | To know what makes up our community. |  | Pol-Ed Year 4 Relationships |  |
| Healthy Relationships | To know how we can be a role model to others. |  | Pol-Ed Year 4 Relationships |  |

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| Core Theme: Living in the Wider World and Understanding the Law | | | | |
| Topic | Learning outcome | Key Vocabulary | Cross curricular links and | Term it will be taught |
| Rights and Responsibilities | To know that rules and laws keep people safe.  To take part in making and changing rules. | Rules, laws, making and changing rules | BV | Autumn 1 |
| Rights and Responsibilities | To know that everyone has human rights.  To know about the UN declarations on the Rights of the Child. | Human rights, children’s rights |  | Summer 2 |
| Rights and Responsibilities | To know what anti social behaviour is and how it can affect people.  To know how to get help or support. | Anti social behaviour, aggression, bullying, discrimination |  | Summer 2 |
| Rights and Responsibilities/Taking care of the environment | To know about their responsibilities, rights and duties (in home, school and in the environment) | Rights, duties, home, school. Environment |  | Autumn 1 (links to school jobs) |
| Rights and Responsibilities | To appreciate difference and diversity (people living in the UK) | People, difference, diversity, identity, | RE | Autumn 1  Spring 1  Summer 1 |
| Rights and Responsibilities | To know about values and customs of people around the world. | People, places, values, customs | RE | Autumn 1  Spring 1  Summer 1 |
| Money | To know about the role of the money.  To know different ways to manage money (budgeting and saving). | Money, spending, saving, budgeting | Maths | Autumn 2 |
| Money | To know what is meant by interest and loan. | Money, interest, loan, tax, debt | Maths | Autumn 2 |
| Money/Taking care of the environment | To know how to take care and respect the environment.  To know about the sustainability of the environment across the world. | Resources, sustainability, economics, choices, environment | ECO  Pol-Ed Year 4 Understanding the Law | Spring 1 |
| Money | To know what is meant by enterprising | Enterprise, sustainability, economic, choices, entrepreneurs | Link to Christmas Fair | Autumn 2 |
| Money | To know information in the media can be misleading. | Media, social media. Information, forwarding |  | Spring 1 |
| Understanding the Law | To know what hate crime is. |  | Pol-Ed Year 4 Understanding the Law |  |