

<p>Year 4 National Curriculum objectives: Personal, social, health and economic (PSHE) education is an important and necessary part of all pupils' education. It will branch into areas of RE, English and assembly themes whilst also being taught in isolation in order to provide specific and focussed objectives.</p>	
<p>Year 4 Areas of study:</p> <p>Family and Relationships</p> <p>Safety and the Changing Body</p> <p>Health and Wellbeing</p> <p>Citizenship</p> <p>Economic Wellbeing</p>	<p>Families and Relationships</p> <p>Family. Skills - Using respectful language to discuss different families. Knowledge - To know that families are varied in the UK and across the world.</p> <p>Friendships. Skills – Exploring physical and emotional boundaries in friendships. Knowledge - To understand the different roles related to bullying including victim, bully and bystander. To know that everyone has the right to decide what happens to their body.</p> <p>Respectful Relationships. Skills – Exploring how my actions and behaviour can affect other people. Knowledge - To understand the courtesy and manners which are expected in different scenarios. To understand some stereotypes related to disability.</p> <p>Change and Loss. Skills - Discussing how to help someone who has experienced a bereavement. Knowledge - To know that bereavement describes the feeling someone might have after someone dies or another big change in their lives.</p>
<p>Health and Wellbeing</p> <p>Health and Prevention. Skills - Developing independence in looking after my teeth. Knowledge - To know key facts about dental health.</p> <p>Physical Health and Wellbeing. Skills – Identifying what makes me feel calm and relaxed. Learning visualisation as a tool to aid relaxation. Knowledge - To know that visualisation means creating an image in our heads.</p> <p>Mental Wellbeing. Skills - Exploring how my skills can be used to undertake certain jobs. Explore ways we can make ourselves feel happy or happier. Developing the ability to appreciate the emotions of others in different situations. Learning to take responsibility for my emotions by knowing that I can control some things but not others. Developing a growth mindset. Knowledge - To know that different job roles need different skills and so some roles may suit me more than others. To know that it is normal to experience a range of emotions. To know that mental health refers to our emotional wellbeing, rather than physical. To understand that mistakes can help us to learn. To know who can help if we are worried about our own or other people's mental health.</p>	<p>Safety and the Changing Body</p> <p>Being Safe (including online) Skills - Discussing how to seek help if I need to. Exploring what to do if an adult makes me feel uncomfortable. Learning about the benefits and risks of sharing information online. Knowledge - To understand that there are risks to sharing things online. To know the difference between private and public.</p> <p>Drugs. Skills - Discussing the benefits of being a non-smoker. Knowledge - To understand the risks associated with smoking tobacco.</p> <p>Basic First Aid. Skills – Discussing some physical and emotional changes during puberty. Knowledge - To understand the physical changes to both male and female bodies as people grow from children to adults.</p> <p>The Changing Adolescent Body – Skills - Learning how to help someone who is having an asthma attack. Knowledge - To know that asthma is a condition which causes the airways to narrow.</p>
<p>Citizenship</p> <p>Skills - Discussing how we can help to protect human rights. Identifying ways items can be reused. Explaining why reusing items is of benefit to the environment. Identifying the benefits different groups bring to the local community. Discussing the positives diversity brings to a community. Knowledge - To know that human rights are specific rights that apply to all people. To know some of the people who protect our human rights such as police, judges and politicians. To know that reusing items is of benefit to the environment. To understand that councillors have to balance looking after local residents and the needs of the council. To know that there are a number of groups which make up the local community.</p>	<p>Economic Wellbeing Skills - Exploring the factors which affect whether something is value for money. Discuss some impacts of losing money. Identifying negative and positive influences that can affect our career choices. Knowledge - To know that money can be lost in a variety of ways. To understand the importance of tracking money. To know that many people will have more than one job or career in their lifetimes. Exploring ways to overcome stereotypes in the workplace.</p> <p>Transition</p> <p>Skills - Recognising our own achievements. Being able to set goals. Knowledge - To know that setting goals can help us to achieve what we want.</p>

