

PSHE Y4 CURRICULUM

Y4 - PSHE		
Autumn 1	Spring 1	Summer 1
<p>The caring school Feelings, friends and relationships Pupils learn:</p> <ul style="list-style-type: none"> • How to make school/classroom a happy place for everyone to work and play • About qualities to look for in a friend • About the dangers of online friendships • How to respect differences • How to manage strong feelings 	<p>My healthy body and Caring for my body Pupils learn:</p> <ul style="list-style-type: none"> • About caring for their body • What wellbeing means • How their body is changing • Why they need to keep clean and how they can keep themselves clean • How to look after their teeth • What viruses are and how they can minimise the risk to themselves • What immunisations are 	<p>Keeping myself safe Pupils learn:</p> <ul style="list-style-type: none"> • What activities they do that are safe or risky • How to keep safe outside • Who has the job of keeping them safe
Autumn 2	Spring 2	Summer 2
<p>Respecting the differences between people Pupils learn:</p> <ul style="list-style-type: none"> • How families can be similar and different • About judgements they make about people from their external appearance • What they assume about people and their lifestyles • How it might feel to be treated differently from others • About lifestyles in different cultures • What bullying is (including cyber bullying) 	<p>My healthy body and Caring for my body Pupils learn:</p> <ul style="list-style-type: none"> • Why sleep is important • The importance of daily exercise • The benefits of physical activities • What is meant by "self-care" • Who their support network is 	<p>The world of drugs Pupils learn:</p> <ul style="list-style-type: none"> • There are drugs (other than medicines) that are common in everyday life and why people choose to use them • The dangers of smoking