**The PSHE Curriculum Autumn Term Year 4**

**Rights, Rules and Responsibilities**

* To understand the difference between rights, wants and needs and that rights come with responsibilities
* To describe some of the rights in the U.N Convention on the Rights of the Child
* To recognise what is meant by respect towards others and link to conventions in formal letter writing
* Discuss why we need rules and conventions at home and at school and take part in establishing a set of classroom rules
* Understand how decisions can be made democratically in class through simple debating and voting

**Anti-Bullying**

* Revise the difference between friends falling out and bullying
* Revise strategies to try to resolve friends falling out – link to peer mediation strategies
* Understand that bullying can be physical, verbal, indirect or cyberbullying
* To look at how bullying can occur when people do not respect or empathise with their diverse peers- link to how difference is positive and describe some of the benefits diversity brings
* To understand what is meant by a ‘follower’ and a ‘bystander’ and to consider how the action or inaction of followers and bystanders might affect the feelings of others
* To develop strategies for preventing bullying by responding assertively

**My Emotions**

* To recognise and communicate an increasing range of emotions, both comfortable and uncomfortable
* To understand what is meant by mental health or mental wellbeing and why this is as important as physical wellbeing
* To understand some of the ways our emotions may affect our interactions
* To be able to identify their worries and know some strategies to deal with them. Read Huge Bag of Worries by Virginia Ironside. Revise star safety network.
* To consider the term ‘unique’ and to recognise some of the strengths and personal qualities of themselves and others. Read Super Duper You by Sophy Henn
* To be kind to ourselves when we feel overwhelmed by our feelings. Read My Big Shouting Day by Rebecca Patterson
* To have some strategies for calming down or relaxing

**The PSHE Curriculum Spring Term Year 4**

**Managing Safety and Risk**

* Think about some places where they particularly need to think about how to stay safe e.g the park, swimming pool, beach, kitchen, crossing the road.
* Describe the Stop Decide Do strategy. STOP- something doesn’t feel right, DECIDE- what are my options, DO- take action to reduce the risk
* Suggest known and unknown adults they could ask for help
* Stop, Look and Listen, Think procedure for crossing the road
* RNLI materials on dangers at the beach
* Identify ways to stay safe in the event of a fire and how to treat a scald or burn
* Revise how to contact the emergency services

**Digital Lifestyles**

* To identify the positives and negatives of being online
* To consider the impact of bullying, including offline and online and the consequences of hurtful behaviour
* To know how to stay safe when communicating online and what to do if I don’t feel safe
* To decide how reliable online information is and to know how to share information responsibly online
* To be able to identify things we shouldn’t share online and to give reasons why we shouldn’t share them
* To understand how technology can affect our wellbeing in different ways

**Working Together**

Time permitting we might cover:

* Identifying pupils own strengths and skills and those of others
* Identifying skills they would like to develop
* Understand and practice some skills of a good communicator including confident expression of opinions and questioning skills
* To know how different people can contribute to a group task and to be able to persevere at a task

**The PSHE curriculum Summer Term Year 4**

**Drug Education**

* Children discuss different reasons for using medicines
* We look at how immunisation works and
* We discuss the safety rules for taking medicines and how medicines should be stored safely.
* We look at two legal recreational drugs- nicotine and alcohol and how these enter the bloodstream.
* To understand what to do if harmful items e.g a syringe is found
* To begin to look at how friends and the media persuade and influence- looking at how an advert seeks to persuade people to use a product

**Relationships and Sex Education**

* To investigate perceptions of being physically, emotionally and socially ‘grown up.’
* To consider responsibilities and how these have changed and how they will change in the future. Piggybook by Anthony Browne
* To consider the wider responsibilities that families have for the physical and emotional wellbeing of babies and children.

**Healthy Lifestyles**

* To investigate choices that lead to a healthy lifestyle
* To understand how physical exercise and nutrition affect both physical and mental health.
* To understand how we can improve stamina and energy through physical activity.
* To understand the importance of a balanced diet. Read Eat Your Peas by Kes Gray
* To understand the importance of dental hygiene.
* To be aware of the importance of getting enough sleep.