



# Year 4 – PSHRE



Core 1: HEALTH AND WELLBEING	Core 2: RELATIONSHIPS	Core 3: LIVING IN THE WIDER WORLD
<p>H2. about the elements of a balanced, healthy lifestyle</p> <p>H5. about what good physical health means; how to recognise early signs of physical illness</p> <p>H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)</p>	<p>R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing</p> <p>R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships</p> <p>R12. to recognise what it means to ‘know someone online’ and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face</p> <p>R13. the importance of seeking support if feeling lonely or excluded</p> <p>R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary</p>	<p>L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others</p> <p>L6. about the different groups that make up their community; what living in a community means</p> <p>L7. to value the different contributions that people and groups make to the community</p>
<p>H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction</p> <p>H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)</p> <p>H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene</p> <p>H34. about where to get more information, help and advice about growing and changing, especially about puberty</p>	<p>R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support</p> <p>R23. about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns</p> <p>R27. about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret</p> <p>R28. how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this</p>	<p>L13. about some of the different ways information and data is shared and used online, including for commercial purposes</p> <p>L14. about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information</p>
<p>H10. how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed</p> <p>H38. how to predict, assess and manage risk in different situations</p>	<p>R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background</p> <p>R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own</p>	<p>L17. about the different ways to pay for things and the choices people have about this</p> <p>L19. that people’s spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)</p>



## Year 4 – PSHRE



<p>H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)</p> <p>H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break</p>		<p>L20. to recognise that people make spending decisions based on priorities, needs and wants</p> <p>L21. different ways to keep track of money</p>
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## Year 4 Topic Coverage

<u>Autumn: Core 2</u> <u>RELATIONSHIPS</u>			<u>Spring: Core 3</u> <u>LIVING IN THE WIDER WORLD</u>			<u>Summer: Core 1</u> <u>HEALTH AND WELLBEING</u>		
<u>Families and Friendships</u>	<u>Safe Relationships</u>	<u>Respecting Ourselves and others</u>	<u>Belonging to a Community</u>	<u>Media Literacy and Digital Resilience</u>	<u>Money and Work</u>	<u>Physical Health and Mental Wellbeing</u>	<u>Growing and Changing</u>	<u>Keeping Safe</u>
R10, R11, R12, R13, R18	R20, R23, R27, R28	R32, R33	L4, L6, L7	L13, L14	L17, L19 L20, L21	H2, H5, H11	H30, H31, H32, H34	H10, H38, H40, H46
<b><u>Vocabulary – Subject Specific</u></b>								
Explore, Research, Make links, Talk about, Raise questions, Ask questions, Show, Talk to, Find out about, Identify, Investigate, Compare and Contrast, Reflect imaginatively, Explain, Make suggestions, Consider, Enter imaginatively								
<b><u>Vocabulary - Topic Specific</u></b>								
Jealousy Love/loss Memories Negotiation/ compromise Bullying Stereotypes Boyfriends Girlfriends			Democracy Motivation Class Citizen Voice Peer pressure Judgment Appearance Acceptance Influences Impressions Disappointment Overcoming Resilience Positive attitude Class			Healthy friendships Smoking Alcohol Inner strength Assertiveness Being unique Body changes Transition Accepting change		



# Year 4 – PSHRE



## I will learn...

that mutual respect, trust and sharing interests are the features of positive healthy friendships	how to differentiate between playful teasing, hurtful behaviour and bullying, including online	that there are differences between people such as gender, race, faith	that there is meaning and benefits of living in a community	that everything shared online has a digital footprint	how people make different spending decisions based on their budget, values and needs	that there are a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally	how to identify external genitalia	that it is important to take medicines correctly and use household products safely
how to build positive friendships	how to respond if I witness or experience hurtful behaviour or bullying, including online	that I have things in common with others e.g. shared values, likes and dislikes, aspirations	that I belong to different communities as well as the school community	that organisations can use personal information to encourage people to buy things	how to keep track of money and why it is important to know how much is being spent	how to identify good physical health means and how to recognise early signs of physical illness	that we experience physical and mental changes as we grow older	that drugs common to everyday life (e.g. cigarettes, e-
how to seek support with relationships if I feel lonely or excluded	that there is a difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable	that it is important to respect the differences and similarities between people	that there are different groups that make up and contribute to a community	how to recognise what online adverts look like	that there are different ways to pay for things such as cash, cards, e-payment and the reasons for using them	that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary	that personal hygiene routines are important during puberty including washing regularly and using deodorant	cigarettes/vaping, alcohol and medicines) can affect health and wellbeing
how to communicate respectfully with friends when using digital devices	how to use a vocabulary to sensitively discuss difference and include everyone	that individuals and groups help the local community, including through volunteering and work	that individuals and groups help the local community, including through volunteering and work	how to compare content shared for factual purposes and for advertising	how people spend money can have positive or negative effects on others e.g. charities, single use plastics	how to maintain oral hygiene and dental health, including how to brush and floss correctly	how to discuss the challenges of growing older with a trusted adult	that different drugs have different effects and that all drugs, including medicines, may have side effects
how knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone I don't know	how to manage pressures associated with dares	how to show compassion towards others in need and the shared responsibilities of caring for them	how to show compassion towards others in need and the shared responsibilities of caring for them	that people might choose to buy or not buy something online e.g. from seeing an advert	that there are different ways to pay for things such as cash, cards, e-payment and the reasons for using them	how to maintain oral hygiene and dental health, including how to brush and floss correctly	how to get information, help and advice about growing older	that there are risks associated with drugs common to everyday life
	that there are times when it is right to keep or break a			that search results are ordered based		that it is important to		that for some people using drugs can



# Year 4 – PSHRE



<p>that if I am worried about any contact online I know what to do or whom to tell</p>	<p>confidence or share a secret</p> <p>how to recognise risks online such as harmful content or contact</p> <p>how people may behave differently online including pretending to be someone they are not</p> <p>how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online</p>			<p>on the popularity of the website and that this can affect what information people access</p>		<p>visit the dentist regularly and the effects of different foods, drinks and substances on dental health</p>		<p>become a habit which is difficult to break</p> <p>how to ask for help or advice</p>
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