

PSHE/RSE Scheme of Work														
Year 4 - Living in the Wider World														
Teaching and Learning	Autumn 1							Autumn 2						
	Discuss and debate issues concerning Health and wellbeing	Take part in making and changing rules	Recognise that everyone has human rights and some are specifically for children. To understand that human rights take precedence over national laws, family and community practises.	Different cultures have different practices and traditions (some of which may be illegal)	Consequences of anti-social behaviour	How to resolve differences	About the range of national, regional, religious and ethnic identities in the UK	Recognise how the media presents information	How to take care of the environment (discussing topical issues, problems and events)	Being part of a community and the role of a community.	How other people live in different parts of the world (including traditions and celebrations)	Role of money in their own and others' lives	Concepts related to money eg: tax and debt	What it means to be enterprising
Notes/RSE	-Mental wellbeing (PM1) -Recognise and talk about a range of emotions (PM1) -Mutual respect (RE3)		-Mutual respect (RE3) -Boundaries (RE5) -Seeking advice (RE5)	-Seeking advice for others (RE5) -Respecting others from different backgrounds (RE3)	-Recognising emotions (PM1) -Appropriate behaviour (PM1) -To recognise that their behaviour can affect others (RE2)	-Mutual respect (RE3) -Recognise and talk about a range of emotions (PM1)	-Respecting others from different backgrounds (RE3)	-How data is shared and used online (RE4) -Risk associated with online information (RE4) -Why social media is age restricted (PM2) -Being a discerning consumer of online information (PM2)		-To recognise that their behaviour can affect others (RE2)	-Seeking advice for others (RE5) -Respecting others from different backgrounds (RE3)			
PSHE Assoc	Year: 4 Core Theme: 3 Grid: A	Year: 4 Core Theme: 3 Grid: B	Year: 4 Core Theme: 3 Grid: C & D	Year: 4 Core Theme: 3 Grid: E	Year: 4 Core Theme: 3 Grid: F	Year: 4 Core Theme: 3 Grid: H	Year: 4 Core Theme: 3 Grid: I	Year: 4 Core Theme: 3 Grid: J	Year: 4 Core Theme: 3 Grid: K & L	Year: 4 Core Theme: 3 Grid: M & N	Year: 4 Core Theme: 3 Grid: O	Year: 4 Core Theme: 3 Grid: Q	Year: 4 Core Theme: 3 Grid: R	Year: 4 Core Theme: 3 Grid: S

PSHE/RSE Scheme of Work														
Year 4 - Relationships														
Teaching and Learning	Spring 1							Spring 2						
	Appropriate responses to a wider range of feelings	Empathy	The concept of keeping something confidential or secret	How to recognise and manage dares	Developing and maintaining positive, healthy relationships	Recognising acceptable and unacceptable physical contact	How to respond to unacceptable physical contact	Working collaboratively towards a shared goal	How actions impact physical and mental health	Negotiation and compromise	Different types of relationship and how they can be recognised	Differences and similarities between people	Stereotyping and discrimination	How to challenge points of view
Notes/RSE	PM1	PM1	-Being aware of online friendships (RE4) -Being safe (RE5)	-Recognising feelings and appropriate actions (PM1) -Being safe (RE5)	-Families and special people (RE1) -Caring friendships (RE2) -Mutual respect (RE3) -Online relationships (RE4)	→PANTS rule  -Who to trust and who not to trust (RE2) -Being safe, boundaries, concepts of privacy, safe and unsafe touch, appropriate and inappropriate contact, how to respond and report concerns or abuse (RE5)		-To recognise that their behaviour can affect others (RE2)	-Self care (PM1) -Mental wellbeing (PM1)	-Mutual respect (RE3) -Voicing opinions and emotions (PM1)	→Marriage/Civil partnerships →What can happen if these go wrong  -Families and special people (RE1) -Caring friendships (RE2) -Online relationships (RE4)	-Mutual respect (RE3)	-Respecting others from different backgrounds (RE3)	-Mutual respect (RE3) -Respect in a range of contexts (RE3)
PSHE Assoc	Year: 4 Core Theme: 2 Grid: A	Year: 4 Core Theme: 2 Grid: A	Year: 4 Core Theme: 2 Grid: B	Year: 4 Core Theme: 2 Grid: C	Year: 4 Core Theme: 2 Grid: D	Year: 4 Core Theme: 2 Grid: E	Year: 4 Core Theme: 2 Grid: E	Year: 4 Core Theme: 2 Grid: F	Year: 4 Core Theme: 2 Grid: G	Year: 4 Core Theme: 2 Grid: H	Year: 4 Core Theme: 2 Grid: I	Year: 4 Core Theme: 2 Grid: J	Year: 4 Core Theme: 2 Grid: K & L	Year: 4 Core Theme: 2 Grid: M

**Year 4 – Health and Wellbeing**

Teaching and Learning	Summer 1							Summer 2						
	Balanced diet	Benefits of eating a balanced diet	Simple routines to reduce the spread of bacteria and viruses	How to celebrate achievements and develop personal strengths	Positive and negative feelings and feeling overwhelmed	Changes and loss (grief)	Risk, danger and hazard (Personal safety)	Peer pressure and techniques to resist	People who keep us safe and healthy (How we can support them)	School rules for health and safety	Personal safety – Physical, emotional and online	*Puberty (Recap life cycle) Physical changes associated with puberty	*Puberty Impact of puberty on physical hygiene and strategies for managing these	*Puberty Impact of puberty on emotions and behaviours and strategies for managing these *Questions
Notes/RSE	-Healthy eating (PM4)		-Health and prevention, early signs of illness, personal hygiene, importance of handwashing, science relating to vaccinations (PM6)	-Discuss a wide range of emotions (PM1)	-Discuss a wide range of emotions (PM1)	-Discuss a wide range of emotions (PM1) -Where to seek support (PM1)	-Internet safety and harms (PM2) -Being safe (RE5) -Health and prevention (PM6) -How to contact emergency services and basic first aid concepts (PM7)	-Discuss a wide range of emotions (PM1) -Mutual respect (RE3) -Self respect (RE3) -Respectful relationships (RE3)	-People who care for me (RE1) -How to contact the emergency services (PM7) -Trusted adults (RE2)	-Importance of handwashing (PM6) -Personal hygiene (PM6)	-Mental wellbeing and illness (PM1) -Health and prevention (PM6) -Internet safety and harms (PM2) -Being safe, understanding their body belongs to them (RE5) -Dissecting online relationships (RE4)	-Changing adolescent bodies, facts about puberty, physical and emotional changes, menstrual wellbeing and the menstrual cycle (PM8) -Personal hygiene, including dental (PM6) -To discuss a range of emotions and feelings (PM1)		
PSHE Assoc	<i>Year: 4 Core Theme: 1 Grid: A</i>	<i>Year: 4 Core Theme: 1 Grid: B</i>	<i>Year: 4 Core Theme: 1 Grid: C</i>	<i>Year: 4 Core Theme: 1 Grid: D</i>	<i>Year: 4 Core Theme: 1 Grid: E</i>	<i>Year: 4 Core Theme: 1 Grid: F</i>	<i>Year: 4 Core Theme: 1 Grid: G</i>	<i>Year: 4 Core Theme: 1 Grid: H</i>	<i>Year: 4 Core Theme: 1 Grid: I</i>	<i>Year: 4 Core Theme: 1 Grid: J</i>	<i>Year: 4 Core Theme: 1 Grid: K</i>	<i>Year: 4 Core Theme: 1 Grid: /</i>	<i>Year: 4 Core Theme: 1 Grid: /</i>	<i>Year: 4 Core Theme: 1 Grid: /</i>