



PSHE Coverage

Year 4

Question	Core Theme	Objectives
<p>Autumn 1 What strengths, skills and interests do we have ?</p>	<p>Health and wellbeing PoS refs: H27, H28, H29, L25</p>	<p>To know:</p> <ul style="list-style-type: none"> • how to recognise personal qualities and individuality • to develop self-worth by identifying positive things about themselves and their achievements • how their personal attributes, strengths, skills and interests contribute to their self-esteem • how to set goals for themselves • how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking
<p>Autumn 2 How do we treat each other with respect?</p>	<p>Relationships PoS refs: R19, R20, R21, R22, R25, R27, R29, R30, R31, H45, L2, L3, L10</p>	<p>To know:</p> <ul style="list-style-type: none"> • how people's behaviour affects themselves and others, including online • how to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return • about the relationship between rights and responsibilities • about the right to privacy and how to recognise when a confidence or secret should be kept (such as a nice birthday surprise everyone will find out about) or not agreed to and when to tell (e.g. if someone is being upset or hurt)* • the rights that children have and why it is important to protect these* • that everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination • how to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concerns
<p>Spring 1 How can we manage our feelings?</p>	<p>Health and wellbeing PoS refs: H17, H18, H19, H20, H23</p>	<p>To know:</p> <ul style="list-style-type: none"> • how everyday things can affect feelings • how feelings change over time and can be experienced at different levels of intensity • the importance of expressing feelings and how they can be expressed in different ways • how to respond proportionately to, and manage, feelings in different circumstances • ways of managing feelings at times of loss, grief and change • how to access advice and support to help manage their own or others' feelings
<p>Spring 2</p>	<p>Health and wellbeing PoS refs:</p>	<p>To know:</p> <ul style="list-style-type: none"> • about puberty and how bodies change during puberty • how puberty can affect emotions and feelings



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<p>How will we grow and change?</p>	<p>H31, H32, H34</p>	<ul style="list-style-type: none"> • how personal hygiene routines change during puberty • how to ask for advice and support about growing and changing and puberty.
<p>Summer 1 How can our choices make a difference to others and the environment?</p>	<p>Living in the wider world PoS refs: L4, L5, L19, R34</p>	<p>To know:</p> <ul style="list-style-type: none"> • how people have a shared responsibility to help protect the world around them • how everyday choices can affect the environment • how what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity) • the skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues • how to show care and concern for others (people and animals) • how to carry out personal responsibilities in a caring and compassionate way
<p>Summer 2 How can we manage risk in different places?</p>	<p>Health and wellbeing PoS refs: H12, H37, H38, H41, H42, H47, R12, R15, R23, R24, R28, R29, L1, L5, L15</p>	<p>To know:</p> <ul style="list-style-type: none"> • how to recognise, predict, assess and manage risk in different situations • how to keep safe in the local environment and less familiar locations (e.g. near rail, water, road; fire/firework safety; sun safety and the safe use of digital devices when out and about) • how people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage this influence • how people's online actions can impact on other people • how to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online • how to report concerns, including about inappropriate online content and contact • that rules, restrictions and laws exist to help people keep safe and how to respond if they become aware of a situation that is anti-social or against the law.

Core themes – Health & Wellbeing (H), Relationships (R), Wider World (W)