



## Year 4 PSHE Overview

## Excited to learn with confidence together in God's hands.

Key Question:	Topic:	In this unit of work, pupils learn...
<b>Autumn 1</b> <b>What strengths, skills and interests do we have?</b>	<b>Health and Wellbeing</b> Self-esteem: self-worth; personal qualities; goal setting; managing set backs	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
<b>Autumn 2</b> <b>How do we treat each other with respect?</b>	<b>Relationships</b> Respect for self and others; courteous behaviour; safety; human rights	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
<b>Spring 1</b> <b>How can we manage our feelings?</b>	<b>Health and Wellbeing</b> Feelings and emotions; expression of feelings; behaviour	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
<b>Spring 2</b> <b>How can we help in an accident or emergency?</b>	<b>Health and Wellbeing</b> Basic first aid, accidents, dealing with emergencies	how to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks and allergic reactions that if someone has experienced a head injury they should not be moved when it is appropriate to use first aid and importance of seeking adult help the importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services.
<b>Summer 1</b> <b>How can our choices make a difference to others and the environment?</b>	<b>Living in the wider world</b> Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions	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
<b>Summer 2</b> <b>How can we manage risk in different places?</b>	<b>Health and Wellbeing</b> Keeping safe; out and about; recognising and managing risk	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



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		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
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