

## Year 4 Year Overview PSHE/RSHE

Key dates through the year. PSHE/RSHE objectives. Possible key questions. Science. Computing. PE Enterprise

Autumn - 7 sessions approx	Spring - 5 sessions approx	Summer - 6 sessions approx
<p><b>Mental Health - October Anti-bullying - November</b>  <u>Each term should start with an introduction/recap to RSHE and create class ground rules/ distancing character.</u></p> <p>1.The core TAB Values.</p> <p>2.About people who are responsible for helping them stay healthy and safe and ways that they can help these people.  <i>Who can I talk to if I feel anxious or unhappy? Where can I find information about growing up?</i> (Health and Wellbeing)</p> <p>3.How to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'. Ways of keeping physically and emotionally safe.  <i>What do I do if someone wants me to do something dangerous, wrong or makes me feel uncomfortable? Who can I talk to if I feel anxious or unhappy?</i> (Health and Wellbeing)</p> <p>4.The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties. <i>Why can it be fun to have a friend who is different to me? How have my relationships changed as I have grown up? Why do friendships change?</i> (Relationships)</p> <p>5.About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.  <i>How do I know when I am being bullied?</i></p>	<p><b>Internet Safety - February Fairtrade - February Children's Mental Health Week - February</b>  <u>Each term should start with an introduction/recap to RSHE and create class ground rules/ distancing character.</u></p> <p>1.To recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them. <i>How can I cope with strong feelings? How can I cope with these different feelings and mood swings?</i>(Health and Wellbeing)</p> <p>2.That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right. <i>How can I make up with my friend when we have fallen out? What should I do if my family or friends don't see things the way I do?</i>(Relationships)</p> <p>3.How to recognise and manage emotions within a range of relationships. <i>Who can I talk to if I want help or advice? How do I know how other people are feeling? How can I cope with these different feelings and mood swings?</i> (Relationships)</p> <p>4.About people who are responsible for helping them stay healthy and safe and ways that they can help these people. <i>Who can I talk to if I feel anxious or unhappy? Where can I find</i></p>	<p><b>Walk to School - May Healthy Eating - June Mental Health Awareness - May</b>  <u>Each term should start with an introduction/recap to RSHE and create class ground rules/ distancing character.</u></p> <p>1.About where money comes from, keeping it safe and the importance of managing it effectively. About enterprise and the skills that make someone 'enterprising'. A basic understanding of enterprise.(Living in the Wider World)</p> <p>2. About the importance of respecting and protecting the environment. (Living in the Wider World)</p> <p>3.That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up. <i>Why are some parents married and some not? Why are some parents married and some not? What are the different kinds of families and partnerships? Why are families important for having babies and bringing them up? What does a new baby need to keep it happy and healthy?</i>(Relationships)</p>

*What do I do if I am being bullied? Why does calling someone 'gay' count as bullying? What should I do if someone is being bullied or abused?*(Relationships)

6.The importance of permission-seeking and giving in relationships with friends, peers and adults. *How can I say 'no' to someone without hurting their feelings? When is it good or bad to keep secrets?*(Relationships)

7.The importance of self-respect and how this links to their own happiness. (Relationships)

*information about growing up?* (Health and Wellbeing)

5.About where money comes from, keeping it safe and the importance of managing it effectively. About the importance of respecting and protecting the environment. (Living in the Wider World)

4.How to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts *What are the important relationships in my life now? Can some relationships be harmful?*

5.To recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them. *How can I cope with strong feelings? How can I cope with these different feelings and mood swings?* (Health and Wellbeing)

6.The importance of self-respect and how this links to their own happiness.the importance of permission-seeking and giving in relationships with friends, peers and adults. *How can I say 'no' to someone without hurting their feelings? When is it good or bad to keep secrets?* (Relationships)

7. Period sessions (girls only) 2 sessions.