



Year 4			
<b>Introductions</b>		<b>Setting ground rules for PSHE</b>	A stand-alone introductory lesson outlining RSE and PSHE as a subject and exploring how to create a successful learning environment for these lessons.
<b>Family and Relationships</b>	Lesson 1	<b>Respect and manners</b>	To develop an understanding of courtesy and manners in a range of situations.
	Lesson 2	<b>Healthy friendship</b>	To begin to understand the physical and emotional boundaries in friendships.
	Lesson 3	<b>How my behaviour affects others</b>	To understand that my behaviour can have an impact on others.
	Lesson 4	<b>Bullying</b>	To understand the impact of bullying and the responsibility of bystanders to help.
	Lesson 5	<b>Stereotyping: Gender</b>	To explore stereotypes in fictional characters and think about how these might influence us.
	Lesson 6	<b>Stereotyping: Disability</b>	To recognise that stereotypes can relate to a number of factors.
	Lesson 7	<b>Families in the wider world</b>	To begin to understand that families are very varied, in this country and across the world.
	Lesson 8	<b>Change and loss</b>	To explore how we can help following a bereavement.
<b>Health and Wellbeing</b>	Lesson 1	<b>Looking after our teeth</b>	To understand how we can look after our teeth.
	Lesson 2	<b>Relaxation: visualisation</b>	To understand what relaxation feels like.
	Lesson 3	<b>Celebrating mistakes</b>	To develop a growth mindset and understand that mistakes are useful.
	Lesson 4	<b>Meaning and purpose: my roles</b>	To identify my own strengths and begin to see how they can affect others.



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	Lesson 5	<b>My happiness</b>	To identify what's important to me and to take responsibility for my own happiness.
	Lesson 6	<b>Emotions</b>	To understand a range of emotions.
	Lesson 7	<b>Mental health</b>	To begin to understand what mental health is and who can help if I need it.
<b>Safety and the changing body</b>	Lesson 1	<b>Internet safety: Age restrictions</b>	To understand that age restrictions are designed to protect us.
	Lesson 2	<b>Share aware</b>	To understand the benefits and risks of sharing materials online.
	Lesson 3	<b>First Aid: Asthma</b>	To understand how to help someone with asthma.
	Lesson 4	<b>Privacy and secrecy</b>	To develop an understanding of privacy and the difference between secrets and surprises.
	Lesson 5	<b>Consuming information online</b>	To understand that not all information on search engines is valuable.
	Lesson 6	<b>Growing up</b>	To recognise that change is part of growing up.
	Lesson 7	<b>Introducing puberty</b>	To recognise the physical differences between children and adults.
	Lesson 8	<b>Tobacco</b>	To begin to understand the risks of smoking and the benefits of being a non-smoker.
<b>Citizenship</b>	Lesson 1	<b>What are human rights ?</b>	To begin to understand the Human Rights convention.
	Lesson 2	<b>Caring for the environment</b>	To understand how reusing items benefits the environment.
	Lesson 3	<b>Community</b>	To understand the role of groups in the wider community.
	Lesson 4	<b>Contributing</b>	To understand the contribution groups make to a community.



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	Lesson 5	<b>Diverse communities</b>	To understand the value of diversity in a community.
	Lesson 6	<b>Local councillors</b>	To develop an understanding of the role of local government
<b>Economic Wellbeing</b>	Lesson 1	<b>Value for money</b>	To recognise factors influencing value for money.
	Lesson 2	<b>Keeping track of money</b>	To understand the importance of monitoring money.
	Lesson 3	<b>Looking after money</b>	To describe different ways of keeping money safe.
	Lesson 4	<b>Influences on career choices</b>	To understand how different factors can influence career choices.
	Lesson 5	<b>Changing career</b>	To explain why people can have more than one career in their life.
	Lesson 6	<b>Workplace equality</b>	To identify and challenge stereotyping in the workplace.
<b>Transition lesson</b>			Helping Year 4 children prepare for the transition to Year 5 and the changes, challenges and opportunities that this brings.