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|  | **Year 4** | | | |
|  | **Autumn** | | **Spring** | **Summer** |
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| **Relationships and Health Education (RHE)** | | **Autumn 1- HEALTH AND WELLBEING**  **Self-esteem; self worth, personal qualities; goal setting; managing setbacks**  **What strengths, skills and interests do we have?**  **Pupils learn**   * 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   **Autumn 2- RELATIONSHIPS**  **Respect for self and others; courteous behaviour; safety; human rights**  **How do we treat each other with respect?**   * How to recognise hazards that may cause harm or injury and what they should do to reduce risk and keep themselves (or others) safe * 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 (eg birthday surprise) or not agreed to and when to tell ( if someone upset or hurt) * The rights 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 | **Spring 1- HEALTH AND WELLBEING**  **Feelings and emotions; expression of feelings; behaviour**  **How can we manage our feelings?**  **Pupils learn**   * 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   **Spring 2- HEALTH AND WELLBEING**  **Growing and changing; puberty**  **How will we grow and change?**   * About puberty and how bodies change during puberty * How personal hygiene routines change during puberty * How to ask for advice and support about growing and changing and puberty | **Summer 1- LIVING IN THE WIDER WORLD**  **Caring for others; the environment, people and animals; shared responsibilities, making choices and decisions**  **How can choices make a difference to others and the environment?**  **Pupils learn**   * 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 (Fairtrade, charity, plastic) * The skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issue show to show care and concern for others (people and animals) * How to carry out personal responsibilities in a caring and compassionate way   **Summer 2- HEALTH AND WELLBEING**  **Keeping safe; out and about; recognising and managing risk**  **How can we manage risk in different places?**  **Pupils learn**   * how to recognise, predict, assess and manage risk in different situations * how to keep safe in the local environment and less familiar locations (near rail, water, road; fire/firework safety; sun safety and the safe use of digital devices when out) * 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 impact on others * How to keep safe online/report concerns * Rules/laws exist to keep people safe- how to respond if they are aware of a situation that is anti-social/against the law |