



PSHE/Relationships and Health Education: Year 4

ME AND MY RELATIONSHIPS	LEARNING OUTCOMES
Human machines	<ul style="list-style-type: none"> <li>• Demonstrate strategies for working on a collaborative task;</li> <li>• Define successful qualities of teamwork and collaboration.</li> </ul>
Ok or not ok? (1)	<ul style="list-style-type: none"> <li>• Explain what we mean by a 'positive, healthy relationship';</li> <li>• Describe some of the qualities that they admire in others.</li> </ul>
Ok or not ok? (2)	<ul style="list-style-type: none"> <li>• Recognise that there are times when they might need to say 'no' to a friend;</li> <li>• Describe appropriate assertive strategies for saying 'no' to a friend.</li> </ul>
An email from Harold!	<ul style="list-style-type: none"> <li>• Describe 'good' and 'not so good' feelings and how feelings can affect our physical state;</li> <li>• Explain how different words can express the intensity of feelings.</li> </ul>
Different feelings	<ul style="list-style-type: none"> <li>• Identify a wide range of feelings;</li> <li>• Recognise that different people can have different feelings in the same situation;</li> <li>• Explain how feelings can be linked to physical state.</li> </ul>
Under pressure	<ul style="list-style-type: none"> <li>• Give examples of strategies to respond to being bullied, including what people can do and say;</li> <li>• Understand and give examples of who or where pressure to behave in an unhealthy, unacceptable or risky way might come from.</li> </ul>
VALUING DIFFERENCES	LEARNING OUTCOMES
Can you sort it?	<ul style="list-style-type: none"> <li>• Define the terms 'negotiation' and 'compromise';</li> <li>• Understand the need to manage conflict or differences and suggest ways of doing this, through negotiation and compromise.</li> </ul>
What would I do?	<ul style="list-style-type: none"> <li>• List some of the ways that people are different to each other (including differences of race, gender, religion);</li> <li>• Recognise potential consequences of aggressive behaviour;</li> <li>• Suggest strategies for dealing with someone who is behaving aggressively.</li> </ul>
The people we share our world with	<ul style="list-style-type: none"> <li>• List some of the ways in which people are different to each other (including ethnicity, gender, religious beliefs, customs and festivals);</li> <li>• Define the word respect and demonstrate ways of showing respect to others' differences.</li> </ul>
That is such a stereotype!	<ul style="list-style-type: none"> <li>• Understand and identify stereotypes, including those promoted in the media.</li> </ul>

Friend or acquaintance?	<ul style="list-style-type: none"> <li>• Recognise that they have different types of relationships with people they know (e.g. close family, wider family, friends, acquaintances);</li> <li>• Give examples of features of these different types of relationships, including how they influence what is shared.</li> </ul>
Islands	<ul style="list-style-type: none"> <li>• Understand that they have the right to protect their personal body space;</li> <li>• Recognise how others' non-verbal signals indicate how they feel when people are close to their body space;</li> <li>• Suggest people they can talk to if they feel uncomfortable with other people's actions towards them.</li> </ul>
<b>KEEPING MYSELF SAFE</b>	<b>LEARNING OUTCOMES</b>
Danger, risk or hazard?	<ul style="list-style-type: none"> <li>• Define the terms 'danger', 'risk' and 'hazard' and explain the difference between them;</li> <li>• Identify situations which are either dangerous, risky or hazardous.</li> <li>• Suggest simple strategies for managing risk.</li> </ul>
Picture Wise	<ul style="list-style-type: none"> <li>• Identify images that are safe/unsafe to share online;</li> <li>• Know and explain strategies for safe online sharing;</li> <li>• Understand and explain the implications of sharing images online without consent.</li> </ul>
How dare you!	<ul style="list-style-type: none"> <li>• Define what is meant by the word 'dare';</li> <li>• Identify from given scenarios which are dares and which are not;</li> <li>• Suggest strategies for managing dares.</li> </ul>
Medicines: check the label	<ul style="list-style-type: none"> <li>• Understand that medicines are drugs;</li> <li>• Explain safety issues for medicine use;</li> <li>• Suggest alternatives to taking a medicine when unwell;</li> <li>• Suggest strategies for limiting the spread of infectious diseases (e.g. hand-washing routines).</li> </ul>
Know the norms	<ul style="list-style-type: none"> <li>• Understand some of the key risks and effects of smoking and drinking alcohol;</li> <li>• Understand that increasing numbers of young people are choosing not to smoke and that not all people drink alcohol (Social Norms theory).</li> </ul>
Keeping ourselves safe	<ul style="list-style-type: none"> <li>• Describe stages of identifying and managing risk;</li> <li>• Suggest people they can ask for help in managing risk.</li> </ul>
Raisin Challenge (2)	<ul style="list-style-type: none"> <li>• Understand that we can be influenced both positively and negatively;</li> <li>• Give examples of some of the consequences of behaving in an unacceptable, unhealthy or risky way.</li> </ul>
<b>RIGHTS AND RESPECT</b>	<b>LEARNING OUTCOMES</b>
Who helps us stay healthy and safe?	<ul style="list-style-type: none"> <li>• Explain how different people in the school and local community help them stay healthy and safe;</li> <li>• Define what is meant by 'being responsible';</li> </ul>

	<ul style="list-style-type: none"> <li>Describe the various responsibilities of those who help them stay healthy and safe;</li> <li>Suggest ways they can help the people who keep them healthy and safe.</li> </ul>
It's your right	<ul style="list-style-type: none"> <li>Understand that humans have rights and also responsibilities;</li> <li>Identify some rights and also responsibilities that come with these.</li> </ul>
How do we make a difference?	<ul style="list-style-type: none"> <li>Understand the reason we have rules;</li> <li>Suggest and engage with ways that they can contribute to the decision making process in school (e.g. through pupil voice/school council);</li> <li>Recognise that everyone can make a difference within a democratic process.</li> </ul>
In the news!	<ul style="list-style-type: none"> <li>Define the word influence;</li> <li>Recognise that reports in the media can influence the way they think about an topic;</li> <li>Form and present their own opinions based on factual information and express or present these in a respectful and courteous manner.</li> </ul>
Safety in numbers	<ul style="list-style-type: none"> <li>Explain the role of the bystander and how it can influence bullying or other anti-social behaviour;</li> <li>Recognise that they can play a role in influencing outcomes of situations by their actions.</li> </ul>
Why pay taxes?	<ul style="list-style-type: none"> <li>Explain what is meant by the terms 'income tax', 'National Insurance' and 'VAT';</li> <li>Understand how a payslip is laid out showing both pay and deductions;</li> <li>Prioritise public services from most essential to least essential.</li> </ul>
<b>BEING MY BEST</b>	<b>LEARNING OUTCOMES</b>
What makes me ME!	<ul style="list-style-type: none"> <li>Identify ways in which everyone is unique;</li> <li>Appreciate their own uniqueness;</li> <li>Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.</li> </ul>
Making choices	<ul style="list-style-type: none"> <li>Give examples of choices they make for themselves and choices others make for them;</li> <li>Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.</li> </ul>
SCARF Hotel	<ul style="list-style-type: none"> <li>Understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health;</li> <li>Plan a menu which gives a healthy balanced of foods from across the food groups on the Eatwell</li> <li>Guide (formerly Eatwell Plate).</li> </ul>
Harold's Seven Rs	<ul style="list-style-type: none"> <li>Understand the ways in which they can contribute to the care of the environment (using some or all of the seven Rs);</li> <li>Suggest ways the Seven Rs recycling methods can be applied to different scenarios.</li> </ul>
My school community (1)	<ul style="list-style-type: none"> <li>Define what is meant by the word 'community';</li> </ul>

	<ul style="list-style-type: none"> <li>• Suggest ways in which different people support the school community;</li> <li>• Identify qualities and attributes of people who support the school community.</li> </ul>
Volunteering is cool	<ul style="list-style-type: none"> <li>• Define what a volunteer is</li> <li>• Use the Five Ways to Wellbeing theory to suggest some of the reasons why people volunteer</li> </ul>
Basic first aid	<ul style="list-style-type: none"> <li>• See link to external resources for further information</li> </ul>
<b>GROWING AND CHANGING</b>	<b>LEARNING OUTCOMES</b>
Moving house	<ul style="list-style-type: none"> <li>• Describe some of the changes that happen to people during their lives;</li> <li>• Explain how the Learning Line can be used as a tool to help them manage change more easily;</li> <li>• Suggest people who may be able to help them deal with change.</li> </ul>
My feelings are all over the place!	<ul style="list-style-type: none"> <li>• Name some positive and negative feelings;</li> <li>• Suggest reasons why young people sometimes fall out with their parents;</li> <li>• Take part in a role play practising how to compromise.</li> </ul>
All change!	<ul style="list-style-type: none"> <li>• Identify parts of the body that males and females have in common and those that are different;</li> <li>• Know the correct terminology for their genitalia;</li> <li>• Understand and explain why puberty happens.</li> </ul>
Preparing for changes at puberty (girls only)	<ul style="list-style-type: none"> <li>• Know the key facts of the menstrual cycle</li> <li>• Understand that periods are a normal part of puberty for girls</li> <li>• Identify some of the ways to cope better with periods</li> </ul>
Secret or surprise?	<ul style="list-style-type: none"> <li>• Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;</li> <li>• Recognise how different surprises and secrets might make them feel;</li> <li>• Know who they could ask for help if a secret made them feel uncomfortable or unsafe.</li> </ul>
Together	<ul style="list-style-type: none"> <li>• Recognise that marriage includes same sex and opposite sex partners;</li> <li>• Know the legal age for marriage in England or Scotland;</li> <li>• Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.</li> </ul>