

National Curriculum Objectives: In this unit, children will be taught to:

Families and Relationships		Health and Wellbeing	
Skills	Knowledge	Skills	Knowledge
- Using respectful language to discuss different families. - Exploring physical and emotional boundaries in friendships. - Exploring how my actions and behaviour can affect other people. - Discussing how to help someone who has experienced a bereavement.	- To know that families are varied in the UK and across the world. - To understand the different roles related to bullying including victim, bully and bystander. - To understand that everyone has the right to decide what happens to their body. - To understand the courtesy and manners which are expected in different scenarios. - To understand some stereotypes related to disability. - To know that bereavement describes the feeling someone might have after someone dies or another big change in their lives.	- Developing independence in looking after my teeth. - Identifying what makes me feel calm and relaxed. - Learning visualisation as a tool to aid relaxation. - Exploring how my skills can be used to undertake certain jobs. - Explore ways we can make ourselves feel happy or happier. - Developing the ability to appreciate the emotions of others in different situations. - Learning to take responsibility for my emotions by knowing that I can control some things but not others. - Developing a growth mindset.	- To know key facts about dental health. - To know that visualisation means creating an image in our heads. - To know that different job roles need different skills and so some roles may suit me more than others. - To know that it is normal to experience a range of emotions. - To know that mental health refers to our emotional wellbeing, rather than physical. - To understand that mistakes can help us to learn. - To know who can help if we are worried about our own or other people's mental health.
Safety and the changing body		Citizenship	
Skills	Knowledge	Skills	Knowledge
- Discussing how to seek help if I need to. - Exploring what to do if an adult makes me feel uncomfortable. - Learning about the benefits and risks of sharing information online. - Discussing the benefits of being a non-smoker.	- To understand that there are risks to sharing things online. - To know the difference between private and public. - To understand the risks associated with smoking tobacco.	- Discussing how we can help to protect human rights. - Identifying ways items can be reused. - Explaining why reusing items is of benefit to the environment. - Identifying the benefits different groups bring to the local community. - Discussing the positives diversity brings to a community.	- To know that human rights are specific rights that apply to all people. - To know some of the people who protect our human rights such as police, judges and politicians. - To know that reusing items is of benefit to the environment. - To understand that councillors have to balance looking after local residents and the needs of the council.

PSHE & RSE Skills & knowledge in Year 4

Learning how to help someone who is having an asthma attack.	To know that asthma is a condition which causes the airways to narrow.		To know that there are a number of groups which make up the local community.
Economic Wellbeing		Identity	
Skills	Knowledge	Skills	Knowledge
- Recognising value for money. - Understanding differing opinions on spending. - Recognising how to track money spent and saved. - Understanding reasons for using a bank. - Exploring how to safeguard money effectively. - Identifying influences on job choices. - Understanding careers can change. - Challenging workplace stereotypes.	- To know that getting value for money involves considering the cost, usefulness and quality of items. - To know that purchases can be influenced by needs, wants, peer pressure, and advertising. - To know that people often earn interest when they keep savings in a bank account. - To know that earning interest is when the bank gives you some extra money as a reward for keeping your money with them. - To know that people often change jobs or careers multiple times in their lives. - To know that stereotypes can be made on age, gender, culture, ability and interest and hobbies.	- Recognising our own achievements. - Being able to set goals.	To know that setting goals can help us to achieve what we want.