

Long term plan 23-24 Year 4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PSHE	<p>All about me - celebrate unique characteristics understand and express emotions in a safe and healthy way.</p> <p>When I grow up - identify a range of jobs and the skills needed.</p> <p>Playtime - creating an advert for a toy aimed at both boys and girls.</p>		<p>Resilience and coping - understanding what it means to be mindful and that change can be difficult and this is normal.</p> <p>Families - to share opinions about the importance of family. Different kinds of strong - to identify the different kind of strength in people by looking at different people across the world.</p> <p>Consent - recognise when someone is consenting and when they're not.</p> <p>Nurse visit - healthy eating</p>		<p>Being the best I can be - labelling personal strengths in relation to themselves and identifying what role models are and why they are important.</p> <p>The me inside - present and share positive affirmations.</p> <p>What is a leader - justifying our opinions.</p> <p>Feelings - identifying activities to improve your mood.</p> <p>Basic first aid - learning some basic first aid techniques.</p>	

