

Relationships and Changing Me

Year 4 Summer 1						
	Learning Step 1	Learning Step 2	Learning Step 3	Learning Step 4	Learning Step 5	Learning Step 6
Learning Objective	<ul style="list-style-type: none"> to identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally 	<ul style="list-style-type: none"> what good physical health means and how to recognise early signs of physical illness that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary 	<ul style="list-style-type: none"> how to maintain oral hygiene and dental health, including how to brush and floss correctly the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health 	British Values explicit teaching	British Values explicit teaching	
Key Vocab		physical illness	Oral hygiene			

Year 4 Summer 2						
	Learning Step 1	Learning Step 2	Learning Step 3	Learning Step 4	Learning Step 5	Learning Step 6
Learning Objective	Medicines and household products; drugs common to everyday life	<ul style="list-style-type: none"> how to identify external genitalia and reproductive organs about the physical and emotional changes during puberty 	<ul style="list-style-type: none"> key facts about the menstrual cycle and menstrual wellbeing strategies to manage the changes during puberty including menstruation the importance of personal hygiene routines during puberty including washing regularly and using deodorant 	<ul style="list-style-type: none"> how to discuss the challenges of puberty with a trusted adult how to get information, help and advice about puberty 	British Values explicit teaching	British Values explicit teaching
Key Vocab	drug, side effects	Puberty, menstruation, genitalia, breasts, pubic hair	personal hygiene			