

Year 4

Unit of Work	Objectives Covered	Date Covered
<u>My healthy self: How can I make healthy choices?</u>	L1 – What is a balanced diet and why does having one matter? L2 – How can being active help my mind and body? L3 – How can I keep my energy up throughout the day? L4 – How can I get support for myself or others? L5 – How can I respond when things feel hard? L6 – Why is helping others good for me too?	L1 - L2 - L3 - L4 - L5 - L6 -
<u>Connecting with others: How can we respect each other?</u>	L1 – How can I show self-respect? L2 – How can I show respect to others? L3 – How can I build trusting friendships? L4 – How can we solve friendship challenges? L5 – How should I respond to bullying? L6 – What is a stereotype?	L1 - L2 - L3 - L4 - L5 - L6 -
<u>The online world: How can we decide what to trust online?</u>	L1 – How can the internet be helpful and challenging? L2 – Is all online content appropriate for me? L3 – Why should we be careful what we trust online? L4 – How can we check if online information is reliable? L5 – How can we use multiple sources to check online information? L6 – Why should we question what we see online?	L1 - L2 - L3 - L4 - L5 - L6 -

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<u>Citizenship – How can I spend money responsibly?</u>	L1 – L2 – L3 – L4 – L5 – L6 –	L1 - L2 - L3 - L4 - L5 - L6 -
<u>Growing up: How will my body and emotions change as I grow up?</u>	L1 – What are body boundaries? L2 – How will I grow and change during puberty? L3 – Which emotional changes could I experience when growing up? L4 – What is a period? L5 – How can we show kindness and understanding about body changes? L6 – Who can I talk to about growing up and changes?	L1 - L2 - L3 - L4 - L5 - L6 -
<u>Staying safe: What signs help me recognise what is safe or unsafe?</u>	L1 – How can I tell if a situation is unsafe? L2 – What do I do if a situation feels unsafe? L3 – How can I stay safe around traffic? L4 – Why can water be dangerous? L5 – What drugs are safe or unsafe? L6 – How can I prevent accidents?	L1 - L2 - L3 - L4 - L5 - L6 -