

Staying Safe

Strategies to keep ourselves and others safe. Create own rules.

Identify what is a risky choice

Recognise possible impact or consequences of an accident

Keeping Healthy

Understand a balanced meal and diet.

Recognise how too much sugar, salt and saturated fat can affect health .

Nutritional information and knowing how to love a healthy lifestyle

Relationships

Identify relationships that we have.

How families support each other

Healthy & unhealthy relationships

Uncomfortable relationships and where to get support .

PSHE LEARNING JOURNEY YEAR 4

Being Responsible

Recognising the importance of behaving responsibly.

Situations where being on time is important

Importance of rules in the home.

Feelings and emotions

Recognise we have thoughts feelings and emotions that feel good and some that do not.,

Choosing how to act on our emotions and the impact of this.

Range of strategies to help control and manage our emotions

Computer Safety

Key values in positive online relationships

Online bullying—how it makes a person feel

Where to get help.

Money Matters

Identify ways we can help the people who care for us.

Positive impact of our actions.

Ways we can contribute to our family, school and community. Skills we may need in future roles

A World Without Judgement

Recognise our positive attributes and goals

Being different is Okay

Ways we can break down barriers and promote equality

Ongoing throughout the year/Discrete sessions

Bullying, keeping safe on line, emotions—recognising emotions , how we feel and learning to deal with our emotions