

PSHE Curriculum Overview Year 4

Core Theme: Health and Wellbeing

(work to be evidenced in PSHE Book 1- Health and Wellbeing)

Planning Grid	Topic	Learning outcome	Key Vocabulary	Cross curricular links	PSHE Association Planning Reference	Term it is taught in
H1/H2	Healthy Lifestyles	To know what makes a balanced lifestyle. To making sensible choices in relation to health.	Balanced lifestyle, choices, health, wellbeing	DT- food unit	P138	Autumn 2
H3	Healthy Lifestyles	To know what makes up a balanced diet. To make their own choices about food. To know what influences their choice about food.	Balanced diet, choices, food, influences	DT- food unit	P139	Autumn 2
H4	Healthy Lifestyles	To know that images do not necessarily reflect reality.	Media, images, reality, fantasy, true, false		P140	Autumn 1
H5	Growing and Changing	To recognise their achievements and set personal targets for the future.	Achievements, aspirations, goals, strengths, target setting	Character curriculum	P141	Autumn 1
H6/H7	Growing and Changing	To recognise a wider range of feeling, both good and not so good.	Conflicting emotions, feelings, managing feelings	Character curriculum	P142	On going (evidence each half term)
H8	Growing and Changing	To recognise the different kinds of change that happen in life and the feelings associated with them.	Change, transitions, loss, separation, divorce, bereavement		P143	Spring 2
H9/H10/H11	Keeping Safe	To know how to manage risks in familiar situations and keep themselves safe.	Risk, danger, hazard, responsibility, safety	RSE	P144	Spring 1
H12	Healthy Lifestyles	To know simple hygiene routines and prevent the spread of bacteria and viruses.	Bacteria, viruses, hygiene routines		P145	Autumn 1
H13/H14	Keeping Safe	To know about negative pressure and how to manage it.	Pressure, managing pressure, influences,		P146	Summer 1

			media, peer			
H15	Keeping Safe	To know the importance of school rules for health and safety.	Emergency aid, help. Safety, rules		P147	Autumn 1
H16	Healthy Lifestyles	To know what is meant by a habit. To know habits can be hard to change.	Habits	RSE	P148	Spring 2
H17	Healthy Lifestyles	To know that drugs are common in everyday life (medicines, caffeine, alcohol and tobacco)	Drugs, alcohol, tobacco, medicines, caffeine	RSE	P150	Spring 2
H18	Growing and Changing	To know about the changes that happens during puberty.	Puberty, physical and emotional changes	RSE	P151	Summer 2
H21	Keeping Safe	To know how to keep safe in the local environment.	Safety, roads, cycle, rail, water, fire		P152	Spring 1
H22/H25	Keeping Safe	To know how to keep safe online.	Safety, online, personal information, passwords, images	Online safety- Computing	P153	Spring 1
H23	Keeping Safe	To know the people who help them stay healthy and safe.	Advice, support, asking for help		P154	Autumn 1

Core Theme: Relationships

(work to be evidenced in PSHE Book 2- Relationships)

Planning Grid	Topic	Learning outcome	Key Vocabulary	Cross curricular links and	PSHE Association Planning Reference	Term it is taught in
R1	Feelings and Emotions	To recognise a wider range of feelings in others. To know how to respond to other peoples feelings.	Feelings, empathy, recognising other's feelings	Character curriculum	P156	On going
R2/R4	Healthy Relationships	To know what makes positive, healthy relationships including friendships To know how to maintain good friendships.	Friendships, families, couples, positive relationships	RSE	P157	Autumn 2
R7	Healthy Relationships	To know how actions affect others and ourselves.	Actions, behaviour, consequences	Character curriculum	P158	Ongoing
R8	Healthy	To know the difference between acceptable and	Physical contact, touch,	RSE	P159	Summer 1

	Relationships	unacceptable physical contact.	acceptable, unacceptable			
R9	Feelings and Emotions	To know about the concept of keeping something confidential or secret. To know when they should or should not agree to keep a secret.	Confidentiality, secrets, surprises, personal safety		P160	Autumn 2
R10	Valuing Difference	To know how to listen and respond respectfully to a wide range of people. To know how to share their view point respectfully	Listening, viewpoints, opinions, respect		P161	On going
R11	Healthy Relationships	To work collaboratively towards a shared goal.	Collaborative working, shared goals		P162	On going (evidence 2/3 thing in the year)
R12	Healthy Relationships	To solve disputes and conflict amongst themselves and their peers.	Disputes, conflict, feedback, support, negotiation, compromise	Character curriculum	P163	Spring 1
R13	Valuing Difference	To recognise difference and similarities between people but understand everyone is equal.	People, identity, similarities, differences, equality		P164	Autumn 2
R14/R18	Valuing Difference	To recognise bullying. To know how to respond and ask for help.	Bullying, discrimination, aggressive behaviour	Anti bullying	P165	Autumn 2
R15	Feelings and Emotions	To recognise and manage dares.	Dares, challenges		P166	Summer 2
R16	Valuing Difference	To know what is meant by stereotypes.	Stereotypes		P167	Autumn 2
R21	Healthy Relationships	To know the importance of keeping personal boundaries and the right to privacy.	Privacy, sharing, personal boundaries		P168	Spring 1

Core Theme: Living in the Wider World

(work to be evidenced in PSHE Book 3- Living in the Wider World)

Planning	Topic	Learning outcome	Key Vocabulary	Cross curricular	PSHE	Term it
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Grid				links and	Association Planning Reference	will be taught
L1	Rights and Responsibilities	To discuss and debate issues concerning health and wellbeing.	Discussion, debate, topical issues, problems, events	English S&L	P170	Spring 1
L2	Rights and Responsibilities	To know that rules and laws keep people safe. To take part in making and changing rules.	Rules, laws, making and changing rules	BV	P171	Autumn 1
L3/L4	Rights and Responsibilities	To know that everyone has human rights. To know about the UN declarations on the Rights of the Child.	Human rights, children's rights		P172	Summer 2
L6	Rights and Responsibilities	To know what anti social behaviour is and how it can affect people. To know how to get help or support.	Anti social behaviour, aggression, bullying, discrimination		P173	Summer 2
L7	Rights and Responsibilities/Taking care of the environment	To know about their responsibilities, rights and duties (in home, school and in the environment)	Rights, duties, home, school. Environment		P174	Autumn 1 (links to school jobs)
L8	Rights and Responsibilities	To know about resolving difference (agreeing and disagreeing)	Resolving difference, points of view, decisions, choices.		P175	Autumn 1
L9/L10	Rights and Responsibilities	To know about being part of community. To know who works in the local community.	Communities, volunteers, pressure, groups, health, well		P176	Autumn 2

			being			
L11	Rights and Responsibilities	To appreciate difference and diversity (people living in the UK)	People, difference, diversity, identity,	RE	P177	Autumn 1 Spring 1 Summer 1
L12	Rights and Responsibilities	To know about values and customs of people around the world.	People, places, values, customs		P178	Autumn 1 Spring 1 Summer 1
L13	Money	To know about the role of the money. To know different ways to manage money (budgeting and saving).	Money, spending, saving, budgeting	Maths	P179	Autumn 2
L14	Money	To know what is meant by interest and loan.	Money, interest, loan, tax, debt	Maths	P180	Autumn 2
L15	Money/Taking care of the environment	To know about the sustainability of the environment across the world.	Resources, sustainability, economics, choices, environment	ECO	P181	Spring 1
L16	Money	To know what is meant by enterprising	Enterprise, sustainability, economic, choices, entrepreneurs	Link to Christmas Fair	P182	Autumn 2
L17/L18	Money	To know information in the media can be misleading.	Media, social media. Information, forwarding		P183	Spring 1