

Year 4	PSHE Long Term Overview		
<b>Introductory lesson</b>	<p><u>Introduction: Setting ground rules for RSE &amp; PSHE lessons</u></p> <p>1 lessons</p> <p>A stand-alone introductory lesson outlining RSE &amp; PSHE as a subject and exploring how to create a successful learning environment for these lessons</p>	<b>Unit 1</b>	<p><u>Y4 Families and relationships</u></p> <p>9 lessons</p> <p>Learning that families are varied and differences must be respected; understanding physical and emotional boundaries in friendships; exploring: the roles of bully, victim and bystander; how behaviour affects others; manners in different situations and learning about bereavement</p>
<b>Unit 2</b>	<p><u>Y4 Health and wellbeing</u></p> <p>8 lessons</p> <p>Developing emotional maturity; learning that we experience a range of emotions and are responsible for these; appreciating the emotions of others; developing a growth mindset; identifying calming and relaxing activities; developing independence in dental hygiene</p>	<b>Unit 3</b>	<p><u>Y4 Safety and the changing body</u></p> <p>9 lessons</p> <p>Building awareness of online safety and the benefits and risks of sharing information online; identifying the difference between private and public; age restrictions; the risks associated with tobacco; knowing how to help someone with asthma</p>
<b>Unit 4</b>	<p><u>Y4 Citizenship</u></p> <p>7 lessons</p> <p>Learning about Human rights and caring for the environment; exploring the role of groups within the local community and appreciating community diversity; looking at the role of local government.</p>	<b>Unit 5</b>	<p><u>Y4 Economic wellbeing</u></p> <p>7 lessons</p> <p>Exploring choices associated with looking after money, what makes something good value for money, stereotypes in the workplace, career changes and what influences career choices.</p>
<b>Unit 6</b>	<p><u>Year 4: Transition lesson</u></p> <p>1 lessons</p> <p>Helping Year 4 pupils prepare for the transition into Year 5 and the changes, challenges and opportunities this</p>		

