

Year 4		PSHE Long Term Overview	
Introductory lesson	<u>Introduction: Setting ground rules for RSE & PSHE lessons</u> 1 lessons A stand-alone introductory lesson outlining RSE & PSHE as a subject and exploring how to create a successful learning environment for these lessons	Unit 1	<u>Y4 Families and relationships</u> 9 lessons 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
	<u>Y4 Health and wellbeing</u> 8 lessons 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		<u>Y4 Safety and the changing body</u> 9 lessons 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
Unit 4	<u>Y4 Citizenship</u> 7 lessons 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.	Unit 5	<u>Y4 Economic wellbeing</u> 7 lessons 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.
	<u>Year 4: Transition lesson</u> 1 lessons Helping Year 4 pupils prepare for the transition into Year 5 and the changes, challenges and opportunities this		

