

Year 4 - Progression of Knowledge and Skills PSHE

Term	Knowledge	Skills
<p style="text-align: center;">Autumn 1 Topic: Me and My Relationships</p>	<ul style="list-style-type: none"> • what successful qualities of teamwork and collaboration are. • what is meant by a positive, healthy relationship. • And describe appropriate assertive strategies for saying no to a friend. • how different feelings can affect our body. • the term bullying and gives example. 	<ul style="list-style-type: none"> • demonstrate examples of teamwork and collaboration. • describe some of the qualities I admire in others. • understand that sometimes I have to say no to a friend. • discuss different feelings. • discuss different strategies to combat bullying.
<p style="text-align: center;">Autumn 2 Topic: Valuing Difference</p>	<ul style="list-style-type: none"> • the terms 'negotiation and compromise'. • some of the ways that people are different to each other (including differences of race, gender, religion). • potential consequences of aggressive behaviour. • the word <i>respect</i> and demonstrate ways of showing respect to others' differences. • and identify stereotypes. • people have different types of relationships with different people that they know. 	<ul style="list-style-type: none"> • understand the need to manage conflict or differences. • suggest ways of dealing with aggressive behaviour. • list some of the ways in which people are different to each other (including ethnicity, gender, religious beliefs, customs and festivals). • give examples of different types of relationships.
<p style="text-align: center;">Spring 1 Topic: Keeping Safe</p>	<ul style="list-style-type: none"> • the terms 'danger', 'risk' and 'hazard'. • what the term 'dare' means. • what is safe/unsafe to share online. 	<ul style="list-style-type: none"> • identify and manage risk in different situations. • identify situations that are dangerous, risky or hazardous.

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<p style="text-align: center;">Spring 1 Topic: Keeping Safe</p>	<ul style="list-style-type: none"> • that medicines are drugs. • some of the key risks and effects of smoking and drinking alcohol. 	<ul style="list-style-type: none"> • identify from given scenarios which are dares and which are not. • suggest people who can help me in managing risk. • know and explain strategies for online sharing. • explain safety issues for medicines.
<p style="text-align: center;">Spring 2 Topic: Rights and Respect</p>	<ul style="list-style-type: none"> • what is meant by being responsible. • that humans have rights and responsibilities. • why we have rules. • that everyone can make a difference within a democratic process. • the word 'influence'. • how to describe the role of the bystander. • the terms 'income' and expenditure'. 	<ul style="list-style-type: none"> • Describe the different responsibilities of people who keep me healthy and safe. • Identify different rights and responsibilities. • Suggest ways children can contribute to the decision-making progress in school (pupil voice, school council, etc). • Recognise that reports in the media can influence the way people think about a topic. • Discuss ways in which I can change an outcome by my actions. • List some of the items of expenditure in the school and home

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<p style="text-align: center;">Summer 1 Topic: Being my Best</p>	<ul style="list-style-type: none"> • there will be times when people make the same choices as others and times when they don't. • that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health. • ways people can contribute to the care of the environment. • what is meant by the word 'community'. 	<ul style="list-style-type: none"> • identify ways in which everyone is unique. • give examples of choices I can make for myself and some that have to be made for me. • plan a menu which gives a healthy balanced of foods from across the food groups on the Eatwell Guide. • suggest ways I can look after the environment. • explain ways in which people support the school community.
<p style="text-align: center;">Summer 2 Topic: Growing and Changing</p>	<ul style="list-style-type: none"> • that sometimes changes need to happen in life. • the difference between positive and negative feelings. • the terms 'secret' and surprise'. • that marriage is a legal commitment to be entered into freely. 	<ul style="list-style-type: none"> • describe some of the changes that happen to people in their life. • suggest people who can help me deal with change. • discuss different feelings. • recognise how different secrets and surprises might make me feel. • recognise there are different types of marriages.