

Year 4

Our Safety	Our Relationships	Our Bodies
<p>To learn about bullying to differentiate between playful teasing, hurtful behaviour and bullying, including online how to respond if they witness or experience hurtful behaviour or bullying, including online</p>	<p>To learn the features of a healthy friendship About the features of positive healthy friendships such as mutual respect, trust and sharing interests</p>	<p>To learn to identify factors that maintain a healthy lifestyle to identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally what good physical health means and how to recognise early signs of physical illness that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary</p>
<p>To learn to manage peer pressure recognise the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable how to manage pressures associated with dares</p>	<p>To learn what to do if a friendship is making you unhappy How to seek support with relationships if they feel lonely or excluded</p>	<p>To learn how to manage good oral hygiene how to maintain oral hygiene and dental health, including how to brush and floss correctly the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health</p>
<p>To learn when it is appropriate to keep a secret when it is right to keep or break a confidence or share a secret</p>	<p>To learn respectful online communication with friends How to communicate respectfully with friends when using digital devices What to do or whom to tell if they are worried about any contact online</p>	<p>To learn what puberty is about the physical and emotional changes during puberty the importance of personal hygiene routines during puberty including washing regularly and using deodorant how to discuss the challenges of puberty with a trusted adult how to get information, help and advice about puberty</p>
<p>To learn the importance of using medicines and chemicals safely the importance of taking medicines correctly and using household products safely</p>	<p>To learn the risks of communicating with people online How knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don't know What to do or whom to tell if they are worried about any contact online</p>	<p>To learn to identify internal and external body parts how to identify external genitalia and reproductive organs how to discuss the challenges of puberty with a trusted adult how to get information, help and advice about puberty</p>
<p>To learn what a drug is to recognise what is meant by a 'drug' that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing</p>	<p>To learn about bullying that bullying and hurtful behaviour is unacceptable in any situation about the effects and consequences of bullying for the people involved what to do and whom to tell if they see or experience bullying or hurtful behaviour</p>	<p>To learn about changes that occur during puberty (girls) key facts about the menstrual cycle and menstrual wellbeing strategies to manage the changes during puberty including menstruation how to discuss the challenges of puberty with a trusted adult how to get information, help and advice about puberty</p>
<p>To learn about the effects of some drugs to identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects to identify some of the risks associated with drugs common to everyday life that for some people using drugs can become a habit which is difficult to break how to ask for help or advice</p>	<p>To learn how to respond to bullying Know a variety of strategies to use if they see bullying or are being bullied</p>	<p>To learn about changes that occur during puberty (boys) key facts about erections and wet dreams strategies to manage the changes during puberty how to discuss the challenges of puberty with a trusted adult how to get information, help and advice about puberty</p>
Our Community	Our Future	Our Feelings and well-being
<p>To learn to talk about our differences appropriately to recognise differences between people such as gender, race, faith, a vocabulary to sensitively discuss difference and include everyone</p>	<p>To learn about different payment methods about different ways to pay for things such as cash, cards, e-payment and the reasons for using them</p>	<p>To learn about different emotions: anger, calm, happy, sad To learn what they look like, what they feel like and how to manage them</p>
<p>To learn the importance of respecting differences to recognise what they have in common with others e.g. shared values, likes and dislikes, aspirations about the importance of respecting the differences and similarities between people</p>	<p>To learn about the positive effects of spending that how people spend money can have positive effects on others e.g. charities</p>	<p>To learn about different emotions: generous, greedy, kind, selfish To learn what they look like, what they feel like and how to manage them</p>
<p>To learn what a community is the meaning and benefits of living in a community to recognise that they belong to different communities as well as the school community about the different groups that make up and contribute to a community</p>	<p>To learn about the negative effects of spending that how people spend money can have negative effects on others e.g. single use plastics</p>	<p>To learn about different emotions: excited, scared, brave, nervous To learn what they look like, what they feel like and how to manage them</p>
<p>To learn about groups in our local community about the individuals and groups that help the local community, including through volunteering and work</p>	<p>To learn why people make different decisions about spending how people make different spending decisions based on their budget, values and needs</p>	<p>To learn about different emotions: needed, lonely, shy, confident To learn what they look like, what they feel like and how to manage them</p>
<p>To learn the importance of kindness how to show compassion towards others in need and the shared responsibilities of caring for them</p>	<p>To learn how to budget how to keep track of money and why it is important to know how much is being spent</p>	<p>To learn about different emotions: modest, arrogant, proud, ashamed</p>
<p>To learn how the school contributes to the local community Think about school's place within local community, what do we do/offer Groups we have links with. What else could we do?</p>	<p>To learn how children can earn money How can children make money – online, enterprise, ethics, who keeps the money</p>	<p>To learn about different emotions: loved, excluded, jealously, accepting To learn what they look like, what they feel like and how to manage them</p>

Our Digital World	
<p>To learn to recognise risks online how to recognise risks online such as harmful content or contact how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online</p>	<p>To learn how organisations use personal information that organisations can use personal information to encourage people to buy things</p>
<p>To learn how people may behave differently online how people may behave differently online including pretending to be someone they are not how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online</p>	<p>To learn what online adverts look like to recognise what online adverts look like to compare content shared for factual purposes and for advertising</p>
<p>To learn about digital footprints that everything shared online has a digital footprint</p>	<p>To learn the importance of good digital habits Recognise good and bad habits Reflect on own digital use</p>