**YEAR 4 – PSHE Curriculum**

**Red Links to SCARF**

**Blue Islington on Teacher Secure**

**Autumn 1 -Physical Health & Well Being**

Food choices (cultural/personal preferences) Healthy and unhealthy choices. **LESSON ONE Pupils learn why people may eat or avoid certain foods (religious, moral, cultural or health reasons)**

Healthy lifestyle **LESSON THREE Children learn about the importance of getting enough sleep. Who helps us stay healthy and safe.**

Personal hygiene – strategies to manage this.

**Autumn 2 - Keeping safe and managing risk**

Online safety, e.g. gaming habits. About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others’ mental and physical wellbeing. Picture Wise. **LESSON ONE Pupils learn how to be safe in their computer gaming habits.**

Risks around us (outdoor) Including Road Safety and stranger danger. How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know. Danger, risk or hazard. **LESSON TWO Pupils learn about keeping safe near roads, rail, water, building sites and around fireworks.**

How to recognise and report feelings about feeling unsafe – including online. **LESSON THREE Pupils learn about what to do in an emergency and basic emergency first aid procedures.**

**Spring 1 – Healthy Relationships**

Emotions and handling behaviour - How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others’ feelings. How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. Ok or not ok? (Part 1) Ok or not ok? (Part 2)

Self-respect and respecting others with relationships - That others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care. Together **LESSON SIX Pupils learn strategies to deal with feelings in the context of relationships.**

Growing up and changing bodies key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. Personal Hygiene. All Change! Preparing for periods. Different Feelings. **LESSON FOUR Pupils learn about the impact of puberty on physical hygiene and strategies for managing this.**

Spring 2 - **Keeping our bodies safe**

Understand the need to manage conflict or differences and know ways of doing this, through negotiation and compromise. Friend or acquaintance. How dare you!

Trusted relationships around us -the importance of permission-seeking and giving in relationships with friends, peers and adults. Secret or surprise?

Being respectful and kind in relationships. What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). Appropriate and inappropriate contact. What would I do?

**Summer 1 - Keeping safe and Managing Risk**

Healthy Lifestyles. SCARF hotel. Making choices.

Dental health and benefits of good oral hygiene.

Concepts of basic first aid, e.g. dealing with common injuries Basic First Aid. Medicines, check the label.

The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking. What’s safe to go into my body (including medicines).

**Summer 2 - Mental Health & Emotional Well Being**

Transition into Year 5

5 steps to emotional well being – Being physically Active, Sleeping well, Eating a healthy diet, Talking to others, Keep Learning!!!