

Year 4 PSHE Autumn

Being me in my world

Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour

Celebrate difference

Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions

Spring

Dreams and goals

Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes

Healthy me

Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength

Summer

Relationships

Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals

Changing me

Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change