

<u>Year 4 PSHE Overview</u>		
Autumn Term 1	Spring Term 1	Summer Term 1 & Summer Term 2
Theme: Drug, alcohol and tobacco education Focus: Making choices Children learn about: <ul style="list-style-type: none"> • Drugs (other than medicines) that are common in everyday life, and why people choose to use them. • The effects and risks of drinking alcohol. • Different patterns of behaviour that are related to drug use. Asthma lesson <ul style="list-style-type: none"> • Medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use. 	Theme: Physical health and wellbeing Focus: What is important to me? Children learn about: <ul style="list-style-type: none"> • Why people may eat or avoid certain foods (religious, moral, cultural or health reasons). • Other factors that contribute to peoples food choices (such as ethical farming, fair trade and seasonality). • The importance of getting enough sleep. 	Theme: Relationship and Sex education Focus: Growing up and changing Children learn about: <ul style="list-style-type: none"> • The way we grow and change throughout the human lifecycle. • The physical changes associated with puberty. • Menstruation and wet dreams. • The impact of puberty in physical hygiene and strategies for managing this. • How puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty. • Strategies to deal with feelings in the context of relationships. • How to answer each other's questions about puberty with confidence, to seek support and advice when they need it.
Autumn Term 2	Spring Term 2	
Theme: Keeping safe and managing risk Focus: Playing safe Children learn about: <ul style="list-style-type: none"> • How to be safe in their computer gaming habits. • Keeping safe near roads, rail, water, building sites and around fireworks. • What to do in an emergency and basic emergency first aid procedures. 	Theme: Identity, society and equality Focus: Democracy Children learn about: <ul style="list-style-type: none"> • Britain as a democratic society. • How laws are made. • The local council. 	
<u>Year 4 Key Vocabulary:</u> Balanced lifestyle, choices, health, wellbeing, balanced diet, food, influence, media, images, achievements, goals, strengths, emotions, feelings, change, transition, loss, separation, divorce, bereavement, danger, hazards, safety, hygiene, bacteria, pressure, influences, media, peers, rules, habits, drugs, alcohol, tobacco, medicines, caffeine, puberty, physical, emotional, online, personal information, passwords, images, advice, support, feelings, empathy, friendships, family, couples, behaviour, actions, consequences, contact, touch, acceptable, unacceptable, confidentiality, secrets, respect, collaborative, conflict, bullying, discrimination, stereotypes, rules, law, human rights, diversity, money, spending, budget.		

Please note: The red flag symbol demarcates themes directly related to safeguarding pupils.

