

### Being Me in My World (Autumn 1)

- Being part of a class/team
- Being a school citizen
- Rights, responsibilities and democracy
- Rewards and consequences
- Group decision-making
- Having a choice
- What motivates behaviour

### Celebrating Difference (Autumn 2)

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

### Dreams and Goals (Spring 1)

- Difficult challenges and achieving success
- Dreams and ambition
- New challenges
- Motivation and enthusiasm
- Recognising and trying to overcome obstacles
- Evaluating learning processes
- Managing feelings
- Simple budgeting

### Changing Me (Summer )

- Being unique
- Outside body changes
- Inside body changes
- Having a baby
- Girls and puberty
- Confidence in change
- Accepting change
- Preparing for transition
- Environmental change

# Year 4

# PSHE/RSE

### Relationships (Summer 1)

- Family roles and responsibilities
- Friendship and negotiation
- Keeping safe online and who to go to for help
- Being a global citizen
- Being aware of how my choices affect others
- Awareness of how other children have different lives
- Expressing appreciation for family and friends.

### Healthy Me (Spring 2)

- Exercise
- Fitness challenges
- Food labelling and healthy swaps
- Attitudes towards drugs
- Keeping safe and why its important online and offline
- Scenarios
- Respect for myself and others

