

Year 4 PSHE and RHE Curriculum Map

Autumn 1	Autumn 2
Being Me in My World • I know my attitudes and actions make a difference to the class team • I know how good it feels to be included in a group and understand how it feels to be excluded • I try to make people feel welcome and valued • I understand who is in my school community, the roles they play and how I fit in • I can take on a role in a group and contribute to the overall outcome • I understand how democracy works through the School Council • I can recognise my contribution to making a Learning Charter for the whole school • I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them • I understand how rewards and consequences motivate people's behaviour • I understand how groups come together to make decisions • I can take on a role in a group and contribute to the overall outcome • I understand how democracy and having a voice benefits the school community • I understand why our school community benefits from a Learning Charter and can help others to follow it	Celebrating Differences • I understand that, sometimes, we make assumptions based on what people look like • I try to accept people for who they are • I understand what influences me to make assumptions based on how people look • I can question why I think what I do about other people • I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure • I know how it might feel to be a witness to and a target of bullying • I can tell you why witnesses sometimes join in with bullying and sometimes don't tell • I can problem-solve a bullying situation with others • I can identify what is special about me and value the ways in which I am unique • I like and respect the unique features of my physical appearance • I can tell you a time when my first impression of someone changed when I got to know them • I can explain why it is good to accept people for who they are
Spring 1	Spring 2
Dreams and Goals • I can tell you about some of my hopes and dreams • I know how it feels to have hopes and dreams • I understand that sometimes hopes and dreams do not come true and that this can hurt • I know how disappointment feels and can identify when I have felt that way • I know that reflecting on positive and happy experiences can help me to counteract disappointment • I know how to cope with disappointment and how to help others cope with theirs • I know how to make a new plan and set new goals even if I have been disappointed • I know what it means to be resilient and to have a positive attitude • I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group • I can enjoy being part of a group challenge	Healthy Me • I recognise how different friendship groups are formed, how I fit into them and the friends I value the most • I can identify the feelings I have about my friends and my different friendship groups • I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations • I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with • I understand the facts about smoking and vaping and their negative impact on health and why some people might start to smoke or vape • I can make healthy choices • I understand the facts about alcohol and its negative impact on health, particularly the liver • I can make healthy choices

• I can respect myself and notice how coping builds my self-esteem and resilience • I can identify the contributions made by myself and others to the group's achievement • I know how to share in the success of a group and how to store this success experience in my internal treasure chest	• I can recognise when people are putting me under pressure and can explain ways to resist this when I want • I can identify feelings of anxiety and fear associated with peer pressure • I know myself well enough to have a clear picture of what I believe is right and wrong • I can tap into my inner strength and know how to be assertive • I understand how peer influence can lead to unsafe choices, including fire risks and risky behaviour and know how to reduce risks and ask for help
Summer 1	Summer 2
Relationships • I can recognise situations which can cause jealousy in relationships • I can identify feelings associated with jealousy and suggest strategies to problem-solve when this happens • I can identify someone I love and can express why they are special to me • I know how most people feel when they lose someone or something they love • I can tell you about someone I know that I no longer see • I understand that we can remember people even if we no longer see them • I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends • I know how to stand up for myself and how to negotiate and compromise • I know how to show love and appreciation to the people and animals who are special to me • I can love and be loved	Dental Hygiene • I can identify different ways that I can take care of my oral hygiene and why this is important • I recognise the lifestyle choices people make can have an impact on their dental health Water Safety • I know how to keep safe around water • I can consider my responsibility to keep myself and others safe Changing Me • I can identify what I am looking forward to when I move to a new class • I can reflect on the changes I would like to make next year and can describe how to go about this • I can start to recognise stereotypical ideas I might have about parenting and family roles