







Year 4 - PSHE		
Autumn 1	Spring 1	Summer 1
<p>Identity, society and equality: Democracy</p> <p>(3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • about Britain as a democratic society • about how laws are made • learn about the local council 	<p>Physical health and wellbeing: What is important to me?</p> <p>(3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • why people may eat or avoid certain foods (religious, moral, cultural or health reasons) • about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality) • about the importance of getting enough sleep 	<p>Growing and Changing (SRE): Exploring physical changes in Puberty</p> <p>(3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • about the way we grow and change throughout the human lifecycle • about the physical changes associated with puberty • about the impact of puberty in physical hygiene and strategies for managing this
 MindMate: Feeling Good & Being Me	 MindMate: Life Changes	 MindMate: Being the Same & Being Different
Autumn 2	Spring 2	Summer 2
<p>Drug, Alcohol and Tobacco Education: Making choices</p> <p>(3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them • about the effects and risks of drinking alcohol • about different patterns of behaviour that are related to drug use <p>Asthma lesson for Year 2, 3 or 4 that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use</p>	<p>Keeping safe and managing risk: Playing safe</p> <p>(3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • how to be safe in their computer gaming habits • about keeping safe near roads, rail, water, building sites and around fireworks • about what to do in an emergency and basic emergency first aid procedures <p>Prevent: (Lesson 2)</p> <p>(1 lesson) Pupils learn:</p> <ul style="list-style-type: none"> • Recognise features of extremism • Identify why and how people are recruited into extremist activity • Identify some of the stereotypes relevant to extremism. 	<p>Careers, Financial capability and economic wellbeing: Borrowing and earning money</p> <p>(3 lessons) Pupils learn:</p> <ul style="list-style-type: none"> • that money can be borrowed but there are risks associated with this • about enterprise what influences people's decisions about careers
 MindMate: Friends & Family	 MindMate: Strong Emotions	 MindMate: Solving Problems - Making it Better