



Harehills Primary School Personal Social Health Education (PSHE) overview

| Year 4 | | |
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| Autumn 1 | Spring 1 | Summer 1 |
| MindMate: Feeling Good & Being Me | MindMate: Life Changes | MindMate: Being the Same & Being Different |
| <p style="color: #e67e22; font-weight: bold;">Physical health and wellbeing: What is important to me?</p> <p>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 style="text-align: center; color: #e67e22; font-weight: bold;">Online safety</p> <ul style="list-style-type: none"> the actions we can take if we feel like we are being bullied online. | <p style="color: #9b59b6; font-weight: bold;">Drug, Alcohol and Tobacco Education: Making choices</p> <p>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 style="color: #27ae60; font-weight: bold;">Careers, Financial capability and economic wellbeing: Borrowing and earning money</p> <p>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 |
| Mindfulness | Mindfulness | Mindfulness |
| Autumn 2 | Spring 2 | Summer 2 |
| MindMate: Friends & Family | MindMate: Strong Emotions | MindMate: Solving Problems - Making it Better |
| <p style="color: #27ae60; font-weight: bold;">Keeping safe and managing risk: Playing safe</p> <p>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 style="color: #3498db; font-weight: bold;">Identity, society and equality: Democracy</p> <p>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 style="color: #3498db; font-weight: bold;">Growing and Changing: Exploring physical changes in Puberty</p> <p>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 |
| Mindfulness | Mindfulness | Mindfulness |