



Year 4 - PSHE

Autumn 1	Spring 1	Summer 1
<p style="text-align: center;">Digital Media</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • identify some positives and negatives of the Internet • explain what to do if they experience or see bullying online • explain ways to communicate safely online and identify ways to get support if they do not feel safe; • assess the reliability of online information; • explain what personal information includes; • know why we shouldn't share passwords and private information • explain why we have rules and restrictions around the technology we use. 	<p style="text-align: center;">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="text-align: center;">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>Asthma lesson for Year 2, 3 or 4</p> <p>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>
Autumn 2	Spring 2	Summer 2
<p style="text-align: center;">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="text-align: center;">Health, relationships and sex education Growing up and changing</p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about the impact of puberty on 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 • to answer each other's questions about puberty with confidence, to seek support and advice when they need it  	<p style="text-align: center;">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