

Overview of Learning- Year 4

Life Skills – PSHE

*Vocabulary for each module available in online word bank.

Ter	Module	Units Within Module	Key Concepts	British Values	Key Learning Outcomes	Why this, why now?
Autumn Term	Keeping/ Staying Healthy	<ul style="list-style-type: none"> Baseline Assessment Healthy Living 	<ul style="list-style-type: none"> Healthy, Balanced Lifestyle 	<ul style="list-style-type: none"> Individual Liberty Democracy 	<ul style="list-style-type: none"> explain what is meant by a balanced diet and plan a balanced meal recognise how too much sugar, salt, and saturated fat in our food and drink can affect us now and when we are older understand nutritional information on packaged food and explain what it means describe different ways to maintain a healthy lifestyle 	Health and Wellbeing Day - September
	Keeping/ Staying Safe	<ul style="list-style-type: none"> Baseline Assessment Cycle Safety 	<ul style="list-style-type: none"> Healthy, Balanced Lifestyle Risk and Safety Rights, Responsibilities and Consent 	<ul style="list-style-type: none"> Democracy Rule of Law Individual Liberty 	<ul style="list-style-type: none"> identify strategies we can use to keep ourselves and others safe recognise the impact and possible consequences of an accident or incident identify what is a risky choice create a set of rules for and identify ways of keeping safe 	Road Safety Week - November
	Growing & Changing	<ul style="list-style-type: none"> Baseline Assessment Appropriate Touch (Relationships) 	<ul style="list-style-type: none"> Relationships Healthy, Balanced Lifestyle Diversity and Equality Rights, responsibilities and Consent Change and Resilience Power 	<ul style="list-style-type: none"> Democracy Rule of Law Individual Liberty Mutual Respect 	<ul style="list-style-type: none"> identify the different types of relationships we can have and describe how these can change as we grow explain how our families support us and how we can support our families identify how relationships can be healthy or unhealthy explain how to ask for help and identify who can help us if a relationship makes us feel uncomfortable 	Anti- Bullying Week - November
Spring Term	Being Responsible	<ul style="list-style-type: none"> Baseline Assessment Coming Home on Time 	<ul style="list-style-type: none"> Identity Relationships Healthy, Balanced Lifestyle Risk and safety Rights, Responsibilities and Consent 	<ul style="list-style-type: none"> Rule of Law Mutual Respect Democracy 	<ul style="list-style-type: none"> recognise the importance of behaving in a responsible manner in a range of situations describe a range of situations where being on time is important explain the importance of having rules in the home describe ways that behaviour can be seen to be sensible and responsible 	

Aspirational

Resilient and Challenge Seeking

Caring and Collaborative

Creative and Curious

	Computer Safety	<ul style="list-style-type: none"> • Baseline Assessment • Online Bullying 	<ul style="list-style-type: none"> • Identity • Relationships • Healthy, Balanced Lifestyle • Risk and safety • Rights, Responsibilities and Consent • Change and Resilience • Power 	<ul style="list-style-type: none"> • Democracy • Individual Liberty • Mutual Respect 	<ul style="list-style-type: none"> • recognise the key values that are important in positive online relationships • identify the feelings and emotions that may arise from online bullying • develop coping strategies to use if we or someone we know is being bullied online • identify how and who to ask for help 	Safer Internet Day - February
	Feelings and Emotions	<ul style="list-style-type: none"> • Baseline Assessment • Jealousy 	<ul style="list-style-type: none"> • Identity • Relationships • Healthy, Balanced Lifestyles • Change and Resilience 	<ul style="list-style-type: none"> • Mutual Respect • Democracy • Tolerance of those of Different Faiths and Beliefs 	<ul style="list-style-type: none"> • recognise our thoughts, feelings, and emotions, and identify the differences between those that feel good and those that feel not so good • describe how we can support others who feel lonely, jealous, or upset • recognise that we can choose how we act on our emotions and understand that our choices and actions can affect ourselves and other people • demonstrate a range of strategies to help control and manage unpleasant/ uncomfortable emotions, such as loneliness and jealousy 	Health and Wellbeing Day - February
Summer Term	A World Without Judgement	<ul style="list-style-type: none"> • Baseline Assessment • Breaking Down Barriers 	<ul style="list-style-type: none"> • Identity • Relationships • Healthy, Balanced Lifestyle • Diversity and Equality • Change and Resilience 	<ul style="list-style-type: none"> • Mutual Respect • Tolerance of Those with Different Faiths and Beliefs • Democracy • Individual Liberty 	<ul style="list-style-type: none"> • recognise positive attributes in others • explain why being different is okay • recognise your own strengths and goals, and understand that these may be different from those around you • identify some of the ways we can overcome barriers and promote equality 	
	First Aid	<ul style="list-style-type: none"> • Baseline Assessment • Asthma and Anaphylactic Shock 	<ul style="list-style-type: none"> • Risk and safety 	<ul style="list-style-type: none"> • Democracy 	<ul style="list-style-type: none"> • identify and name situations that may require first aid • list reasons why someone may struggle to breathe • identify the signs of an asthma attack or choking • identify the signs of an allergic reaction and anaphylactic shock • understand the correct steps for seeking immediate emergency help • provide first aid treatment to someone who is struggling to breathe 	
	The Working World	<ul style="list-style-type: none"> • Baseline Assessment • Chores at Home 	<ul style="list-style-type: none"> • Identity • Relationships • Rights, responsibilities and Consent • Career 	<ul style="list-style-type: none"> • Rule of Law • Democracy • Individual Liberty • Mutual Respect 	<ul style="list-style-type: none"> • identify ways in which we can help those who look after us • explain the positive impact of our actions • describe the ways in which we can contribute to our home, school, and community • identify the skills we may need in our future job roles 	RSE Day - Last Thursday in June Enterprise Week - July