




## PHSEE - Year 4

Concepts		 Relationships	 Keeping Safe	 Identity
Term	Theme	Unit Overview		
Autumn 1	<b>Healthy minds and healthy bodies</b> Understanding and managing strong feelings Being assertive and positive Decision making	<ol style="list-style-type: none"> <li>1. Setting goals</li> <li>2. Hygiene and health</li> <li>3. Relaxation techniques 1</li> <li>4. Relaxation techniques 2</li> <li>5. Helpful and unhelpful thoughts 1</li> <li>6. Helpful and unhelpful thoughts 2</li> </ol>		
Autumn 2	<b>Anti-bullying and positive relationships</b> The role of the bystander in bullying Taking responsibility Feeling left out and feeling included	<ol style="list-style-type: none"> <li>1. Taking responsibility for my actions</li> <li>2. The role of the bystander or witness</li> <li>3. Feeling left out and feeling included 1</li> <li>4. Feeling left out and feeling included 2</li> </ol>		
Spring 1	<b>Different families, same love</b> Challenging stereotypes Understanding family differences Understanding feelings of loss and separation	<ol style="list-style-type: none"> <li>1. Challenging stereotypes 1</li> <li>2. Challenging stereotypes 2</li> <li>3. Understanding family differences</li> <li>4. Understanding feelings of loss 1</li> <li>5. Understanding feelings of loss 2</li> </ol>		
Spring 2	<b>Living and growing</b> Growing and changing Understanding changes that take place during puberty E-safety: being share aware	<ol style="list-style-type: none"> <li>1. RSE (see RSE Curriculum)</li> <li>2. NSPCC Share Aware</li> </ol>		
Summer 1	<b>Safety</b> Feeling and staying safe Accidents and prevention Drug education: understanding the dangers of alcohol	<ol style="list-style-type: none"> <li>1. Recognising when we feel safe</li> <li>2. Keeping ourselves safe</li> <li>3. What does harm mean?</li> <li>4. The dangers of drinking alcohol</li> </ol>		

<b>Summer 2</b>	<b>Safety</b> Feeling safe How trusted adults help us Making safe decisions Peer influence	<ol style="list-style-type: none"><li>1. What is meant by a trusted adult</li><li>2. Online friends</li><li>3. The power of friendship; staying safe 1</li><li>1. The power of friendship; staying safe 2</li></ol>
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