




Personal, Social, Health and Economic Education (PSHE) including Relationship and Sex Education (RSE) Yearly Overview

Year 4

<u>Autumn 1</u>	<u>Spring 1</u>	<u>Summer 1</u>
<p>Physical health and wellbeing: What is important to me? 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>KASE: Empathetic, Self-aware</p>	<p>Drug, alcohol and tobacco education: Making choices 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>KASE: Reflective, Expert </p>	<p>Identity, society and equality: Democracy 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>KASE: Expert, Communicative, Responsible</p>
<u>Autumn 2</u>	<u>Spring 2</u>	<u>Summer 2</u>
<p>Keeping safe and managing risk: Playing safe 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 procedure <p>E-Safety: Understand the rules and consequences of their online behaviour. </p> <p>KASE: Reflective, Purposeful</p>	<p>Drug, alcohol and tobacco education: Different influences Pupils learn:</p> <ul style="list-style-type: none"> ● about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis ● about different influences on drug use – alcohol, tobacco and nicotine products ● strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol <p>KASE: Communicative, Self-aware, Reflective, Expert </p>	<p>Careers, financial capability and economic wellbeing: Borrowing and earning money 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 <p>KASE: Cosmopolitan, Problem-solving, Autonomous</p>
<p>Emotion Vocabulary: Stressed, distress, cheerful, assertive, amused, envy, shame, embarrassment, inspiration (and all words from previous years)</p>	<p>Linked stories: No Worries A Wibble called Biplew – Margot Sunderland Willy and the Wobbly House – Margot Sunderland My Many Coloured Days – Dr Seuss</p>	