

## Personal Social Health & Economic Education – Year 4

### Autumn 1

**What strengths, skills and interests do we have?**

- Goals give us something to work towards and we feel proud when we achieve our goals.
- Self-esteem is how you feel about yourself.
- When things go wrong, we should learn from the experience.
- We might decide to try again, or we might change our plans.

### Autumn 2

**How do we treat each other with respect?**

- Respect is listening, caring, taking turns, using manners, forgiving, being kind.
- All children have the right to be treated with dignity and fairness, to be protected, to develop to their full potential and to an education.
- Secrets are ok if it is something like a surprise party – not if it means you are uncomfortable or upset by what is said or done. Tell an adult you trust if this happens.

### Spring 1

**How can we manage risk in different places?**

Police Cadets

- Risk is something which may harm you or others.
- There are risks in our daily lives e.g. roads, rail tracks, water.
- To be safe online we should not share personal information.
- To be safe online we should only play games that are age appropriate.
- You should report anything which makes you feel uncomfortable, unhappy or scared to a trusted adult.

### Spring 2

**How can we manage our feelings?**

- Feelings change because of mood, environment, personal circumstances, everyday experiences. These may make you feel happy, sad, confused, excited, nervous.
- We all experience different feelings - all types of feelings are okay.
- If you are worried you need to talk to someone who may be able to help you.
- Feelings can change your appetite, sleep and social interaction.

### Summer 1

**How will we grow and change?**

- Puberty is when a child's body begins to develop and change as they become an adult.
- Girls develop breasts and start their periods.
- Boys develop a deeper voice and facial hair will start to appear.
- Boys and girls might find that their mood changes and they feel more emotional.
- It is important to stay clean.
- Personal hygiene needs to include regular washing and changing of underwear and clothing.

### Summer 2

**How can our choices make a difference to others and the environment?**

- The environment is the world in which we live.
- Everyone should look after the Earth.
- Compassion is to show care and concern for others (people and animals).
- Pollution, littering, vandalism can damage our planet.