

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.
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Autumn 2

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.
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Spring 1

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. We show respect online in the same way we do in person.
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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.
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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.
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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.
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