



PSHE knowledge and
skills - Year 4

Key Area	Knowledge	Skills
<p><u>Families and Relationships</u></p> <p>Family Friendships Respectful relationships Change and loss</p>	<ul style="list-style-type: none"> ● To know that families are varied in the UK and across the world. ● To understand the different roles related to bullying including victim, bully and bystander. ● To understand that everyone has the right to decide what happens to their body. ● To understand the courtesy of manners that are expected in different scenarios. ● To understand some stereotypes related to disability. ● To know that bereavement describes the feeling someone might have after someone dies or another big change happens in life. 	<ul style="list-style-type: none"> ● Use respectful language to discuss different families. ● Explore physical and emotional boundaries in friendships. ● Explore how my actions and behaviour can affect other people. ● Discuss how to help someone who may be experiencing bereavement.
<p><u>Health and wellbeing</u></p> <p>Health prevention Physical health and wellbeing Mental wellbeing</p>	<ul style="list-style-type: none"> ● To know key facts about dental health. ● To know that visualisation means creating images in our heads. ● To know that different job roles need different skills and so some roles may suit me more than others. ● To know that it is normal to experience a range of emotions. ● To know that mental health refers to our emotional wellbeing, rather than physical. ● To understand that mistakes can help us to learn. 	<ul style="list-style-type: none"> ● Develop independence in looking after my teeth. ● Identify what makes me feel calm and relaxed. ● Learn visualisation as a tool to aid relaxation. ● Explore how my skills can be used to undertake different jobs. ● Explore ways we can make ourselves happier.

	<ul style="list-style-type: none"> ● To know who can help if we are worried about our own or other people's mental health. 	<ul style="list-style-type: none"> ● Develop the ability to appreciate emotions of others in different situations. ● Learn to take responsibility for my emotions by knowing that I can control some things but not others. ● Develop a growth mindset.
<p><u>Safety and the changing body</u></p> <p>Being safe (including online) Drugs, alcohol and tobacco The changing adolescent body Basic first aid</p>	<ul style="list-style-type: none"> ● To understand that there are risks to sharing things online. ● To know the different between private and public. ● To understand the risks associated with smoking tobacco. ● To understand the physical changes to both male and female bodies as people grow from children to adults. ● To know that asthma is a condition which causes the airways to narrow. 	<ul style="list-style-type: none"> ● Discuss how to seek help if I need to. ● Explore what to do if an adult make me feel uncomfortable. ● Learn about the benefits and risks of sharing information online. ● Discuss the benefits of being a non-smoker. ● Discuss some physical and emotional changes during puberty. ● Learn how to help someone who is having an asthma attack.
<p><u>Citizenship</u></p>	<ul style="list-style-type: none"> ● To know that human rights are specific rights that apply to all people. ● To know some of the people who protect our human rights such as police, judges and politicians. ● To know that reusing items is of benefit to the environment. ● To understand that councillors have to balance looking after local residents and the needs of the council. 	<ul style="list-style-type: none"> ● Discuss how we can help protect human rights. ● Identify ways items can be reused. ● Explain why reusing items is of benefit to the environment. ● Identify the benefits different groups bring to the local community. ● Discuss the positive diversity brings to a community.

	<ul style="list-style-type: none"> ● To know that there are a number of groups which make up the local community. 	
<p><u>Economic wellbeing</u></p>	<ul style="list-style-type: none"> ● To know that getting value for money involves considering the cost, usefulness and quality of items. ● To know that purchases can be influenced by needs, wants, peer pressure, and advertising. ● To know that people often earn interest when they keep savings in a bank account. ● To know that earning interest is when the bank gives you some extra money as a reward for keeping your money with them. ● To know that people often change jobs or careers multiple times in their lives. ● To know that stereotypes can be made on age, gender, culture, ability and interest and hobbies. 	<ul style="list-style-type: none"> ● Recognise the value of money. ● Understand differing opinions on spending. ● Recognise how to track money spent and saved. ● Understand reasons for using a bank. ● Explore how to safeguard money. ● Identify influences on job choices. ● Understand careers can change. ● Challenge workplace stereotypes.