

Year 4 PSHE Autumn Term

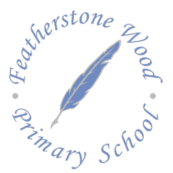
This term in PSHE. we are learning about **cycle safety**, **staying healthy** and **appropriate touch**.

Our Key Learning Objectives	Red	Orange	Green
I understand and can spot potential hazards on the road.			
I understand how a cycle helmet and reflective clothing keep me safe.			
I can explain the importance of a healthy diet and regular exercise.			
I understand the need for good hygiene.			
I can use body language to communicate.			
I understand appropriate and inappropriate touch.			

Tick the **green** box if you fully understand and can explain your knowledge to someone else. Tick the **orange** box if you understand a bit but would need some help to explain it to someone else. Tick the **red** box if you are still learning to understand.

<p>Key Words</p> <p><u>Reflective clothing</u> to signal presence in situations which may cause potential threats to safety</p> 	<p><u>Hygiene</u></p> <p>Hygiene is the act of being clean. Washing the body to remove dirt and germs</p> 	<p><u>Body language</u> is when people communicate how they are feeling through facial expressions or movements of their body.</p> 
<p><u>Hazard</u> A danger or risk.</p> 	<p><u>Healthy</u> Keeping healthy means doing things that are good for your body</p> 	<p><u>Inappropriate</u> Not right or suited for some purpose or situation</p> 

Write down a question you have thought of.



Beacon 2

- I can make responsible choices and ask for help when I need it
- I can identify dangerous things, people and places
- I can talk about dangers to my health and well being
- I can use scientific vocabulary to explain how bodies change on the inside as boys and girls grow up

Year 4 PSHE Spring Term

This term in PSHE, we are learning about: **being responsible, feelings and emotions** and **online bullying**.

Our Key Learning Objectives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand that I am responsible for my actions.			
I can tell the time and arrive home on time			
I can talk about my feelings when I am angry.			
I understand what jealousy is and how I can deal with it.			
I know how to make friends online while staying safe			
I understand what bullying is and the impact it has on victims.			

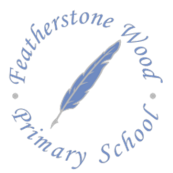
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Key Words

<p>Responsible</p> <p>having an obligation to do something, or having control over actions</p> 	<p>Consequence</p> <p>The effect, result, or outcome of something occurring earlier</p> 	<p>Anger</p> <p>a strong emotion brought on by a person or thing that causes great pain or trouble</p> 	<p>Social media</p> <p>Ways to communicate with others including Facebook and Instagram</p> 
<p>Actions</p> <p>The process of doing something, typically to achieve an aim.</p> 	<p>Jealousy</p> <p>afraid of losing someone's love or attention to another person.</p> 	<p>Bullying abuse and mistreatment of someone vulnerable by someone stronger, more powerful,</p> 	<p>Victim</p> <p>a person who has come to feel helpless in the face of ill-treatment.</p> 

Write down any questions you would like to explore further.

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Year 4 PSHE Summer Term

This term in PSHE, we have two main topics: **chores at home** and **breaking down barriers**.

Our Key Learning Objectives	Red	Orange	Green
I can identify ways I can help those who look after me.			
I can explain the positive impact of my actions.			
I can describe ways I can contribute to my home, school and community.			
I can identify the skills I may need for any future job roles.			
I can recognise positive attributes in others.			
I can explain why being different is okay.			
I can recognise my own strengths and goals and explain why these may be different from those around			
I can recognise some of the ways to overcome barriers and promote equality.			

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Key Words

<p>Enterprise A project that requires boldness or energy. A company or</p> 	<p>Inclusion Including or being included in a group or structure.</p> 	<p>Stereotype A set idea people have about what someone or something is like.</p> 	<p>Diversity An understanding that people are unique and can exist together in a</p> 
<p>Contribution Something you do that helps achieve an end result.</p> 	<p>Acceptance Agreeing that a person is equal to you or your group, despite their</p> 	<p>Discrimination Treating a group or person unfairly because of their race, sex, etc.</p> 	<p>Entitled The right to do, have or say something.</p> 

Write down any questions you would like to explore further.

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