

PSHE curriculum

'Let Your Light Shine'

Matthew 5:16



Year group 4	My Happy Mind	Other coverage
<p>Autumn 1</p>	<p>Meet your Brain</p>	<p>Healthy Lifestyles Pupils will learn H10. how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed. H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking). H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer. H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health.</p>
<p>Autumn 2</p>	<p>Celebrate</p>	<p>Keeping safe Pupils will learn – H40. about the importance of taking medicines correctly and using household</p>

		products safely, (e.g. following instructions carefully).
Spring 1	Appreciate	<p>Economic well-being – money pupils will learn</p> <p>L21. different ways to keep track of money. L22. about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe. L23. about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations. L24. to identify the ways that money can impact on people's feelings and emotions.</p>
Spring 2	Relate	<p>Economic Wellbeing: Aspirations, work, career</p> <p>Pupils will learn</p> <p>L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation. L31. to identify the kind of job that they might like to do when they are older. L32. to recognise a variety of routes into careers (e.g. college, apprenticeship, university).</p>
Summer 1	Engage	<p>Shared Responsibilities: pupils will learn</p> <p>L5. ways of carrying out shared responsibilities for protecting the</p>

		environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices).
Summer 2	Relationships – lessons 4, 5 and 6	Safe relationships pupils will learn R23. about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns. R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know.