



PSHE/RSHE Lesson Coverage: Year 4



Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
<p><u>Lesson 1</u> – LO: To understand who is in my school community, the roles they play and how I fit in.</p> <p><u>Lesson 2</u> – LO: To understand how democracy works through the school council and in this school.</p> <p><u>Lesson 3</u> – LO: To understand that my actions affect myself and others.</p> <p><u>Lesson 4</u> – LO: To understand how groups come together to make decisions.</p>	<p><u>Lesson 1</u> – LO: To understand that we sometimes make assumptions based on what people look like.</p> <p><u>Lesson 2</u> – LO: To understand what influences me to make assumptions based on how people look.</p> <p><u>Lesson 3</u> – LO: To understand that bullying can be hard to spot.</p> <p><u>Lesson 4</u> – LO: To identify what is special about me and explain why it is good to accept people for who they are.</p>	<p><u>Lesson 1</u> – LO: To share some of my hopes and dreams.</p> <p><u>Lesson 2</u> – LO: To understand that sometimes hopes and dreams do not come true and that this can hurt.</p> <p><u>Lesson 3</u> – LO: To know that reflecting on positive and happy experiences can help me to counteract disappointment.</p> <p><u>Lesson 4</u> – LO: To know how to work out the steps to take to achieve a goal within a group.</p>	<p><u>Lesson 1</u> – LO: To recognise how different friendship groups are formed, how I fit into them and the friends I value the most.</p> <p><u>Lesson 2</u> – LO: To understand there are people who take on the roles of leaders or followers in a group and to know the role I take in different situations.</p> <p><u>Lesson 3</u> – LO: To recognise early stages of illness and understand the importance of immunisation and vaccinations.</p> <p><u>Lesson 4</u> – LO: To learn about the risks of sun exposure.</p>	<p><u>Lesson 1</u> – LO: To recognise situations which can cause jealousy in relationships.</p> <p><u>Lesson 2</u> – LO: To understand how most people feel when they lose someone or something they love.</p> <p><u>Lesson 3</u> – LO: To recognise how friendships change and how to manage when I fall out with my friends.</p> <p><u>Lesson 4</u> – LO: To understand why connecting to others is important.</p>	<p><u>Lesson 1</u> – LO: To understand that some of my personal characteristics have come from my birth parents.</p> <p><u>Lesson 2</u> – LO: To know how the circle of change works and can apply it to changes I want to make in my life.</p> <p><u>Lesson 3</u> – LO: To identify changes that have been and may continue to be outside of my control that I learn to accept.</p> <p><u>Lesson 4</u> – LO: To identify what I am looking forward to when I move to a new class.</p>