Year 4 PSHE & RHE Overview

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|  | Learning Intentions |
|  | Calming the storm - Online Safety |
|  | Safeguarding Audit |
| **Module 1: Unit 1**  **Religious Understanding**  Story Sessions: Get up! | Children will know that:   * We are created individually by God who is Love, designed in His own image and likeness * God made us with the desire to be loved and to love and to make a difference: each of us has a specific purpose * Every human life is precious from the beginning of life (conception) to natural death * Personal and communal prayer and worship are necessary ways of growing in our relationship with God |
| **Module 1: Unit 2**  **Me, My Body, My Health**  Session 1: We Don’t Have to Be the Same | Children will learn that:   * Similarities and differences between people arise as they grow and make choices, and that by living and working together – teamwork – we create community * Self-confidence arises from being loved by God (not status, etc) |
| Session 2: Respecting Our Bodies | Children will learn:   * About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do. |
| Session 3: What is Puberty? | Children will:   * Learn what the term ‘puberty’ means. * Learn when they can expect puberty to take place. * Understand that puberty is part of God’s plan for our bodies. |
| Session 4: Changing Bodies | Children will:   * Learn correct naming of genitalia * Learn what changes will happen to boys during puberty * Learn what changes will happen to girls during puberty |
| **Module 1: Unit 3**  **Emotional Wellbeing**  Session 1: What Am I Feeling? | Children will learn:   * That emotions change as they grow up * About the range and intensity of their feelings and that ‘feelings’ are not good guides for action * That feelings are neither good or bad, but information about what we are experiencing that help us consider how to act * What ‘emotional well-being’ means and that positive actions and talking to trusted people enhance emotional well-being |
| Session 2: What Am I Looking at? | Children will learn:   * To recognise that images in the media do not always reflect reality and can affect how people feel about themselves. * That God made us and loves us as we are. |
| Session 3: I Am Thankful | Children will learn that:   * Some behaviour is wrong, unacceptable, unhealthy and/or risky. * Thankfulness builds resilience against feelings of envy, inadequacy, and insecurity, and against pressure from peers and the media |
| **Module 1: Unit 4**  **Life Cycles**  Session 1: Life Cycles | Children will learn:   * That they were handmade by God with the help of their parents. * How a baby grows and develops in its mother’s womb including, scientifically, the uniqueness of the moment of conception. * How conception and life in the womb fits into the cycle of life. |
| Session 2: A Time for Everything | Pupils will:   * Understand what ‘death’ means * Learn about some feelings often connected with grief * Know what the Christian faith says about death and eternal life * Explore some ways to support themselves and others when they are grieving |
| Session 3: Big Changes, Little Changes + Classroom Shorts | Children will:   * Understand that change is a part of life and that there are different kinds of change. * Learn about some feelings often associated with change. * Know that God is always with us as we change and grow. * Learn coping strategies to support themselves and others. |
| **Module 3: Unit 1**  **Religious Understanding**  Session 1: A Community of Love | Children will learn that:   * God is love as shown by the Holy Trinity – a communion of persons supporting each other in their self-giving relationship. * The human family reflects the Holy Trinity in mutual charity and generosity. * We are made in the image of God, which means we are made to love God and others, and be loved by God and others. |
| Session 2: What is the Church? | Children will learn that:   * The human family reflects the Holy Trinity in charity and generosity * The Church family comprises of home, school and parish (which is part of the diocese) |
| **Module 3: Unit 2**  **Living in the Wider World**  Session 1: How Do I Love Others? | Children will learn:   * That God wants His Church to love and care for others. * To devise practical ways of loving and caring for others |
| Session 2: Money Matters + Classroom Shorts | Pupils will learn that:   * All forms of money have advantages and disadvantages. * Our attitude to money and choices about spending, saving and giving impacts on ourselves and others. * Budgeting helps to keep track of spending and saving. * Our faith guides our values and reminds us of the importance of love for God and others. |
| The aspects of non-statutory PSHE which are not wholly covered by ‘Life to the Full Plus’ are listed below. These will be taught using resources and lesson plans from the PSHE Association Website. | |
| **Citizenship:**  Responsibility | L.2. to recognise there are human rights; what they are and that they are there to protect everyone  L.5. ways of carrying out shared responsibilities to care and protect the environment |
| **Citizenship:**  Community | L.8. about diversity; what it means; the benefit of living in a diverse community; about valuing diversity within communities |
| **Economic Wellbeing:**  Aspirations, Work & Career | L.29. that some jobs are paid more than others and money is one factor which may influence a person’s job or career choice; that people may choose to do voluntary work which is unpaid.  L.30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation |