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| YEAR 4 AUTUMN |
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|  | **HEALTH EDUCATION** |
| 1 | **2 MENTAL WELLBEING** | **3 MENTAL WELLBEING** | 4 **HEALTHY EATING** | 5 **HEALTH & PREVENTION /DRUGS, ALCOHOL &TOBACCO** | 6 **DRUGS, ALCOHOL &****TOBACCO** |
| To set a goal. | To learn about the different feelings and emotionspeople experience; how feelings and emotions change and what helpspeople to feel good. | Learn about ways of expressing feelings and emotions and why this is important. | To understand that food gives us energy.To understand the importance of nutrients. | Asthma Lesson: Pupils learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use. | To learn that there are drugs (other than medicines) which are common in everyday life, and why people choose to use them. |
| Year 4 to follow the ‘Zones of Regulation’ planning from Robson House |
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|  | **HEALTH EDUCATION** | **RELATIONSHIPS EDUCATION** | **HEALTH EDUCATION** |  |
| 7 DRUGS**, ALCOHOL &****TOBACCO** | 8 **DRUGS, ALCOHOL &****TOBACCO** | 9 **RESPECTFUL****RELATIONSHIPS** | 10 **HEALTH & PREVENTION** | 11 **HEALTH & PREVENTION** |  |
| To learn about the effects and risks of drinking alcohol. | To learn about different patterns of behaviour that are related to drug use. | To developing an awareness of the role of victims, bullies, and bystanders. | Understand that infection can be spread through unclean hands and that handwashing can prevent the spread of infection. | Learn that infection can spread through sneezing and coughingUnderstand that covering the mouth when sneezing can prevent the spread of infection. |  |

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| YEAR 4 SPRING |
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|  | **HEALTH EDUCATION** |
| **1**  | **2**  | **3 BASIC FIRST AID** | **4 BASIC FIRST AID** | **5 BASIC FIRST AID** | **6 BEING SAFE** |
| To understand what we spend money on. | To understand ways to save and the benefits of saving. | Learn about and practise kindness and coping skills and why they are important in first aid. | Learn about kindness and helping others.Learn how to care for yourself and othersFeel able to help someone who needs first aid (asthma attack). | Learn about kindness and helping othersLearn about coping skills.Learn how to care for yourself and others.Feel able to help someone who needs first aid (broken bone). | To explain how to keep safe around water. |
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| **HEALTH EDUCATION** |
| **7 BEING SAFE** | **8 ONLINE RELATIONSHIPS** | **9 ONLINE RELATIONSHIPS** | **10 RESPECTFUL RELATIONSHIPS/MENTAL****WELLBEING** | **11 RESPECTFUL RELATIONSHIPS** | **12 RESPECTFUL RELATIONSHIPS** |
| To explain how to keep safe around water. | To understand that not everything online is trustworthy. | To make decisions on what they trust online using agreed criteria. | To understand how images are manipulated online. | To understand how stereotypes can label people. | To understand how stereotypes can label people. |

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| YEAR 4 SUMMER |
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| **RELATIONSHIPS EDUCATION** | **SCIENCE** | **HEALTH EDUCATION** | **RELATIONSHIPS EDUCATION** |
| **1 RESPECTFUL****RELATIONSHIPS** | **2 GROWTH &****DEVELOPMENT** | **3 CHANGING ADOLESCENT****BODY** | **4 CHANGING ADOLESCENT****BODY** | **5 RESPECTFUL****RELATIONSHIPS** | **6 RESPECTFUL****RELATIONSHIPS** |
| To identify the qualities of a good friend. | To understand the main stages of the human lifecycle.To understand the changes that humans go through at the different stages. | To know some of the basic facts about puberty.To know each person experiences puberty differently. | To understand the importance of personal hygiene at puberty.To know about different items that help keep us clean. | To recognise positive things about themselves.To challenge gender stereotyping. | To understand aspects of discrimination. |
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| **RELATIONSHIPS EDUCATION** |
| **7 RESPECTFUL****RELATIONSHIPS** | **8 RESPECTFUL****RELATIONSHIPS** | **9 RESPECTFUL****RELATIONSHIPS** | **10 RESPECTFUL****RELATIONSHIPS** | **11. ONLINE RELATIONSHIPS** | **12 ONLINE RELATIONSHIPS** |
| Pupils learn about prejudice and how discrimination can affect people. | To understand rights in a friendship. | To understand responsibilities in a friendship. | To understand rights and responsibilities in a friendship. | To identify and resist pressurising and manipulative behaviour. | To understand how a child’s online actions can affect others. |