

Year 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Mental health and wellbeing</p> <p>Building on the learning in year 4, this unit extends pupils' understanding of self-regulation strategies and explores factors that can support wellbeing.</p> <p>Suggested lessons:</p> <p><u>Foundations for Wellbeing</u> – Y4</p> <p>L1: Describing emotions</p> <p>L2: Understanding internal and external distractions</p> <p>L3: Exploring different thinking habits</p> <p>L4: Different ways to manage worries</p> <p>L5: Strategies for calm</p> <p><u>Change, loss and grief</u> – Y3-4</p> <p>L2: How do people manage change and loss?</p>	<p>Exploring ways to manage risk</p> <p>This unit explores assessing and managing risk in different contexts, and the role that peer influence can play in personal safety.</p> <p>Suggested lessons:</p> <p><u>Firework safety</u> – KS2</p> <p>L1: Firework safety</p> <p><u>Keeping safe at home</u> – KS2</p> <p>L2: Keeping safe at home</p> <p><u>Road and rail safety</u> – KS2</p> <p>L3: Independently crossing the road</p> <p><u>Exploring risk in relation to gambling</u> – KS2</p> <p>L1: Exploring risk</p> <p><u>Drug education</u> – Y3-4</p> <p>L1: Medicines and household products</p> <p>L2: Smoking, vaping and alcohol</p>	<p>Forming respectful relationships</p> <p>This unit supports pupils to respond appropriately to conflicts and bullying, and to understand the importance of kindness.</p> <p>Suggested lessons:</p> <p><u>Friendship and bullying</u> – Y3-4</p> <p>L1: Valuing friendships</p> <p>L2: Friendship challenges</p> <p>L3: What is bullying</p> <p><u>OHID: Every mind matters</u> – KS2</p> <p>L1: Kindness</p> <p>Beyond Gender Stereotypes</p>	<p>Money matters and news literacy</p> <p>This unit explores how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions.</p> <p>Suggested lessons:</p> <p><u>Money and wellbeing</u> – Y4</p> <p>L1: How money is used</p> <p>L2: Making decisions about money</p> <p><u>Guardian Foundation: NewsWise</u> – ages 7-9</p> <p>L4: How news affects feelings</p> <p>L6: Fake or real news?</p> <p>L7: Questioning images in the news</p>	<p>Positively engaging with our world</p> <p>This unit examines healthy ways of engaging with news stories and the impact that climate change can have on emotions and wellbeing.</p> <p>Suggested lessons:</p> <p><u>Guardian Foundation: NewsWise</u> – ages 9-11</p> <p>L3: Managing feelings about the news</p> <p>L5: Spotting fake news</p> <p>L6: Understanding that news is targeted</p> <p><u>UCL: Climate change - empathy and agency</u> – KS2</p> <p>L1: Connecting with nature</p> <p>L2: Everyday actions</p> <p>L3: Doing it together</p>	<p>Families and growing together</p> <p>This unit supports pupils' understanding of diverse family structures, and how families can change.</p> <p>Suggested lessons:</p> <p><u>Families</u> – KS2</p> <p>L1: Family relationships</p> <p>L2: Diverse families</p> <p>L3: Family changes</p> <p><u>Committed relationships and family life</u> – KS2</p> <p>L1: Marriage and partnership</p>

Our schools deliver statutory and additional PSHE and RSHE content in ways that are appropriate for pupils' ages and stages of development. We follow a spiral curriculum, meaning key themes are revisited regularly so that learning is reinforced and deepened over time.

Many topics appear in each year group, but always in an age-appropriate way. This approach builds on pupils' existing knowledge and prepares them confidently for the next stage in their personal development.