

Year 4 - Me and My Relationships

Key questions

Recognising Feelings

Can you tell how someone is feeling by looking at them? How?

What is body language?

What body language tells you that a person is worried? How?

Are all feelings shown by body language?

Bullying

What is the difference between bullying and teasing?

What can someone do to help themselves if someone upsets them or is bullying them?

How can you help someone else who is upset?

Can you help someone who is being bullied? How?

Assertive Skills

What is being assertive?

Are there different ways to be assertive? How?

When would someone need to be assertive? Why?

Key vocabulary

ignored delighted teasing
calm confident feelings
compromise body language
emotions frightened excluded
collaborate pressure
bullying joyful excited
respectful scared
alone worried lonely

I can ...

I can give a lot of examples of how I can tell a person is feeling worried just by their body language.

I can say what I could do if someone was upsetting me or if I was being bullied.

I can explain what being 'assertive' means and give a few examples of ways of being assertive.

Year 4 - Valuing Difference

Key questions

Recognising and Celebrating Difference (Incl Religions and Cultural Difference)

How are people different, besides
how they look?

Does being different cause
problems? Why?

Can people being different be
positive? Why?

Understanding and Challenging Stereotypes

How do we label people?

Why do we label people?

What is a stereotype?

How does someone feel if they
have been labelled?

Does labelling someone change
them or affect them?

Why is it important to challenge
stereotyping?

Key vocabulary

challenge labelled confidence

stereotype negotiate

unique positive compromise

label prejudice differences

invade similarities respect

I can ...

I can say a lot of ways that people
are different, including religious or
cultural differences.

I can explain why it's important to
challenge stereotypes that might be
applied to me or others.

Year 4 - Keeping Safe

Key questions

Managing Risk

What might influence someone to take risks?

Do people have a choice whether they take a risk?

What can a person do to reduce risk or remove risk in a situation?

Understanding the Norms of Drug Use (Cigarette and Alcohol Use)

Do most young people choose to smoke or not smoke?

Do all adults choose to drink alcohol?

Why do most people choose not to smoke or drink too much alcohol?

Is smoking and alcohol more harmful for a young person's body? Why?

Influences

What can influence someone's behaviour and decisions?

What is a positive influence?

What is a negative influence?

Can the consequences of decisions be positive or negative? How?

Key vocabulary

hazard risky liver
decisions choices danger
situation influence alcohol
consequences lungs brain
dare drug harmful
cigarettes vapes shared
e-cigarettes downloaded

I can ...

I can give examples of people or things that might influence someone to take risks (e.g. friends, peers, media, celebrities), but that people have choices about whether they take risks.

I can say a few of the risks of smoking or drinking alcohol on a person's body and give reasons for why most people choose not to smoke, or drink too much alcohol.

I can give examples of positive and negative influences, including things that could influence me when I am making decisions.

Year 4 - Rights and Respect

Key questions

Making A Difference (Different Ways of Helping Others or the Environment)

Can one person make a difference to the environment?

Do the actions of one person affect lots of people?

Can a bystander have a positive effect on negative behaviour?

How? What is an active bystander?

How can someone be an active bystander?

Media Influence

Is everything in the media true?
Are there always two sides to a story?

Can media reports influence people? How?

Decisions About Spending Money

What choices and decisions do we make about spending money?
How do decisions about money affect groups in the community?

Key vocabulary

anti-social behaviour media
United Nations rights
spending reduce influence
environment public services
income tax negative recycle
essential actions positive
community responsibility reuse
volunteer School Council

I can ...

I can explain how a 'bystander' I can have a positive effect on negative behaviour they witness (see happening) by working together to stop or change that behaviour.

I can explain how these reports (TV, newspapers or their websites) can give messages that might influence how people think about things and why this might be a problem.

I can give examples of these decisions and how they might relate to me.

Year 4 - Being My Best

Key questions

Having Choices and Making Decisions About My Health What choices help to keep me healthy? Why is it important to look after my health now?

Why is it important to look after myself in the future?

Taking Care of My Environment

What different things do I do to look after our environment?

Why is it important to look after our environment?

How does this affect our future?

Key vocabulary

accident emergency affect
balanced diet recycle breathing
community repair reduce
creative give to others
injury exercise choices
wound mental health active
first aid repair connect
future choking reuse
wellbeing be mindful

I can ...

I can give a few examples of different things that I do already that help to me keep healthy.

I can give different examples of some of the things that I do already to help look after my environment.

Year 4 - Growing and Changing

Key questions

Body Changes During Puberty

What parts of the body are the same for girls and boys?

What parts of the body are different for girls and boys?

How do some parts of the body change during puberty?

Managing Difficult Feelings

What feelings might someone have during puberty?

Why might someone have difficult feelings during puberty?

What are good ways to compromise?

Relationships, Including Marriage

Why do some people choose to get married?

Who can get married and how old do they need to be?

Why do some people choose to have a civil ceremony?

Why do some people choose to live together?

Key vocabulary

breasts testicles womb choice
civil partnership sperm enjoy
penis hormones pubic hair
periods marriage love puberty
live together civil partnership
uncomfortable feelings
menstruation vagina vulva
compromise share ovaries
wet dreams

I can ...

I can label some parts of the body that only boys have and only girls have.

I can list some of the reasons why a teenager might have these difficult feelings (e.g. conflict with parents).

I can tell you why people get married.