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| **Year 4 - Ourselves and Others** |
| **RSHE – Growing Up** | **Wider Living** |
| * To explore the human life cycle.
* To identify some basic facts about puberty.
* Understand that puberty is an important stage in the human lifecycle.
* Know some changes that happen during puberty.
* Explore how puberty is linked to reproduction.
* Understand that puberty is linked to reproduction.
* Know about the physical and emotional changes that happen in puberty.
* Understand that children change into adults to be able to reproduce if they choose to.
* To explore respect in a range of relationships.
* To discuss the characteristics of healthy relationships.
* Know that respect is important in all relationships including online.
* Explain how friendships can make people feel unhappy or uncomfortable.
* Know that respect is important in all relationships including online.

**RSHE links to Science** * Describe the changes as humans develop to old age.
* Describe the life process of reproduction in some plants and animals.
 | * Set personal targets
* Understand the importance and discuss strategies to help build resilience
* Recognise poverty and inequality in the UK and in the world
* Understand the causes and consequences of climate change
* Consider the issues surrounding pollution in the Earth’s waterways and oceans
* Understand simple water safety
* Recognise the contribution of different cultures to the UK (e.g. food/music etc.)
* Discuss how different groups can also be similar
* Discuss concept of self-identity
* Understand term ‘actively anti-racist’ and how this might look in our school
* Think about how ‘difference’ can positively contribute to our society and consider specific examples
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| **British + School Values** | **First Aid (Asthma)** | **Alcohol** |
| Democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.Helping Others, Friendship, Patience, Courage, Ambition, Sharing, Cooperation, Empathy, Fairness, Forgiveness, Kindness, Loyalty | * Identify a casualty who is having an asthma attack
* Assess and give first aid to casualty who is having difficulty breathing due to an asthma attack
* Understand when to seek medical help for a casualty who is choking

Calling for help and head injuries | * To understand the effect alcohol has on the body
* To know what alcohol is and how it affects the body
* To understand that everyone will be affected differently by alcohol
* To understand the risks related to drinking alcohol
* To know there are risks to drinking alcohol
* To consider how society limits the drinking of alcohol
* To know some laws about drinking alcohol
* To consider ways of persuading people to drink alcohol sensibly
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