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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 |
| **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 |