

YEAR 4 – MEDIUM-TERM OVERVIEW

Relationships

Living in the wider world

Health and Wellbeing



| Term and Topic | In this unit of work students learn... |
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| Autumn – 4 Lessons September Families and friendships Positive friendships, including online | About the features of positive healthy friendships such as mutual respect, trust and sharing interests, strategies to build positive friendships, how to seek support with relationships if they feel lonely or excluded, how to communicate respectfully with friends when using digital devices, how knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don't know, what to do or whom to tell if they are worried about any contact online. |
| Autumn - 4 Lessons October Belonging to a community What makes a community; shared responsibilities | The meaning and benefits of living in a community, to recognise that they belong to different communities as well as the school community, about the different groups that make up and contribute to a community, about the individuals and groups that help the local community, including through volunteering and work, how to show compassion towards others in need and the shared responsibilities of caring for them. |
| Autumn - 4 Lessons November Keeping safe Medicines and household products; drugs common to everyday life | The importance of taking medicines correctly and using household products safely, to identify some of the effects related to different medicines and to identify some of the risks associated with drugs (medicines) common to everyday life. |
| Spring - 4 Lessons January Safe relationships Responding to hurtful behaviour; managing confidentiality; recognising risks online | To differentiate between playful teasing, hurtful behaviour and bullying, including online, how to respond if they witness or experience hurtful behaviour or bullying, including online, recognise the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable, how to manage pressures associated with dares, when it is right to keep or break a confidence or share a secret, how to recognise risks online such as harmful content or contact, how people may behave differently online including pretending to be someone they are not, how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online |

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| <p>Spring - 4 Lessons February Money and Work Making decisions about money; using and keeping money safe</p> | <p>How people make different spending decisions based on their budget, values and needs, how to keep track of money and why it is important to know how much is being spent, about different ways to pay for things such as cash, cards, e-payment and the reasons for using them, that how people spend money can have positive or negative effects on others e.g. charities or single use plastics.</p> |
| <p>Spring - 4 Lessons March Growing and changing Physical and emotional changes in puberty; support with puberty</p> | <p>About the physical and emotional changes during puberty (age appropriate- getting taller, changing shape, mood changes), key facts about the menstrual cycle, the importance of personal hygiene routines, including washing regularly and how to discuss the challenges of puberty with a trusted adult.</p> |
| <p>Summer - 4 Lessons April Respecting ourselves and others Respecting differences and similarities; discussing difference sensitively</p> | <p>To recognise differences between people such as gender, race, faith, to recognise what they have in common with others e.g. shared values, likes and dislikes, aspirations, about the importance of respecting the differences and similarities between people, a vocabulary to sensitively discuss difference and include everyone.</p> |
| <p>Summer - 4 Lessons May Media literacy and Digital resilience How data is shared and used</p> | <p>That everything shared online has a digital footprint, that organisations can use personal information to encourage people to buy things, to recognise what online adverts look like, to compare content shared for factual purposes and for advertising, why people might choose to buy or not buy something online e.g. from seeing an advert, that search results are ordered based on the popularity of the website and that this can affect what information people access.</p> |
| <p>Summer - 4 Lessons June/July Physical health and Mental wellbeing Maintaining a balanced lifestyle; oral hygiene and dental care</p> | <p>To identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally, what good physical health means and how to recognise early signs of physical illness, that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary, how to maintain oral hygiene and dental health, including how to brush and floss correctly, the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health,</p> |