



Year 4 PSHE & RSE Curriculum Map

Autumn 1		Spring 1		Summer 1	
Lesson 1	<p>We don't have to be the same:</p> <ul style="list-style-type: none"> Similarities and differences between people arise as they grow and make choices. 	Lesson 1	<p>Life Cycles:</p> <ul style="list-style-type: none"> That they were made by God with the help of their parents How a baby grows and develops in its mother's womb How life in the womb fits into the life cycle 	Lesson 1	<p>A time for everything:</p> <ul style="list-style-type: none"> Understand what 'death' means. Learn about some feelings often connected with grief. Know what the Christian faith says about death and eternal life. Explore ways to support themselves and others when they are grieving.
Lesson 2	<p>Meet your brain:</p> <ul style="list-style-type: none"> Learn how you can train your mind Learn how your brain can grow Learn about the different parts of our brains 	Lesson 2	<p>Appreciate:</p> <ul style="list-style-type: none"> Learn what appreciation means and the 3 categories of gratitude. Learn why gratitude is important. Learn how to create a habit of giving gratitude. 	Lesson 2	<p>Big Changes, Little Changes:</p> <ul style="list-style-type: none"> Understand that change is a part of life and that there are different kinds of change. Learn about some feelings often associated with change. Know that God is always with us as we change and grow. Learn coping strategies to support themselves and other.
Lesson 3	<p>Meet your brain:</p> <ul style="list-style-type: none"> Learn more about how Team H-A-P works Learn what is real and perceived danger Learn what triggers our Amygdala 	Lesson 3	<p>Appreciate:</p> <ul style="list-style-type: none"> Learn how to develop an Attitude of Gratitude. Learn how it feels to give and receive gratitude. Learn what the Gratitude Domino Effect is 	Lesson 3	<p>Engage:</p> <ul style="list-style-type: none"> Learn what we engage in. Learn how we can help ourselves to feel good.

Lesson 4	Meet your brain: <ul style="list-style-type: none"> Learn how to calm your Amygdala 	Lesson 4	Appreciate: <ul style="list-style-type: none"> Learn which hormone gets released when we give or receive gratitude. Learn how to create a habit of giving gratitude. Learn how gratitude can help us face problems. 	Lesson 4	Engage: <ul style="list-style-type: none"> Learn how we can Feel Good and Do Good. Learn what Big Dream Goals are. Learn why setting goals make us feel so good.
Lesson 5	Meet your brain: <ul style="list-style-type: none"> Learn what Neurons and Neural Pathways are Learn how to form habits 	Lesson 5	Appreciate: <ul style="list-style-type: none"> Learn how to appreciate ourselves. Learn more about how our Character Strengths can help us to appreciate ourselves. 	Lesson 5	Engage: <ul style="list-style-type: none"> Learn how perseverance and resilience help us. Learn how to stay focused on our goals. Learn how we already have the skills of perseverance and resilience.
Lesson 6	Meet your brain: <ul style="list-style-type: none"> Learn how to look after our brains Continue to develop our Happy Breathing habit 			Lesson 6	Engage: Recap everything we have learned about ourselves this year.
Autumn 2		Spring 2		Summer 2	
Lesson 1	Respecting our Bodies <ul style="list-style-type: none"> We need to respect and look after our bodies as a gift from God 	Lesson 1	I am thankful: <ul style="list-style-type: none"> Some behaviour is wrong, unacceptable, unhealthy and/or risky Thankfulness builds resilience against feelings of envy, inadequacy, insecurity and against pressure from peers and the media 	Lesson 1	What is puberty? <ul style="list-style-type: none"> Learn what puberty means. Learn when they can expect puberty to take place. Understand that puberty is part of God's plan for us.
Lesson 2	What am I Feeling: <ul style="list-style-type: none"> That emotions change as they grow up About the range and intensity of their feelings and that feelings Feelings are neither good or bad What 'emotional well-being' means and that positive 	Lesson 2	Relate: <ul style="list-style-type: none"> Learn how to understand and celebrate our differences. Learn what Stop, Understand and Consider means and how it can help 	Lesson 2	Changing bodies: <ul style="list-style-type: none"> Learn correct naming of genitalia. Learn what changes will happen to boys during puberty. Learn what changes will happen to girls during puberty.

	actions and talking to trusted people enhance this				
Lesson 3	Celebrate: <ul style="list-style-type: none"> Learn about character and Character Strengths. Learn which strengths we use the most. Learn why it is important to use our Character Strengths 	Lesson 3	Relate: <ul style="list-style-type: none"> Learn how to better understand differences. Learn how we can use our strengths indifferent ways 	Lesson 3	Male/ female discussion groups: <ul style="list-style-type: none"> Opportunity for children to ask questions and learn in the same sex environment.
Lesson 4	Celebrate: <ul style="list-style-type: none"> Learn which Character Strengths we use most. Learn why it is important to use our strengths, Learn how you can use your Character Strengths in difficult situations. 	Lesson 4	Relate: <ul style="list-style-type: none"> Learn what makes a good friend. Learn how friends help us solve problems. Learn why it is important to show gratitude to friends 	Lesson 4	What am I looking at: <ul style="list-style-type: none"> To recognise that images in the media do not always reflect reality and can affect how people feel about themselves. That God made us and loves us as we are
Lesson 5	Celebrate: <ul style="list-style-type: none"> Learn why it is important to use and spot our Character Strengths. Learn how we can use Character Strengths in lots of different ways. 	Lesson 5	Relate: <ul style="list-style-type: none"> Learn how Active Listening can help us to relate with others. Learn how Active Listening can help us to Stop, Understand and Consider 	Lesson 5	Working Together: <ul style="list-style-type: none"> Know that there are many different jobs and types of work Identify some of the factors that influence people's choice of work Explore their own interests, skills and gifts in relation to their job aspirations Knows that God calls us to work together to share His love and to care for each other and the world
Lesson 6	Celebrate: <ul style="list-style-type: none"> Learn how we can grow our strengths. Learn more about Neuroplasticity and how it helps us. 			Lesson 6	Money Matters: <ul style="list-style-type: none"> All forms of money have advantages and disadvantages Our attitude to money and choices about spending, saving and giving impacts on ourselves and others

					<ul style="list-style-type: none">• Budgeting helps to keep track of spending and saving• Our faith guides our values and reminds us of the importance of love for God and others
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- **PSHE – My Happy Mind**
- **PSHE – Ten Ten Life to the Full Plus (PSHE)**
- **RSE – Ten Ten Life to the Full (RSE)**