



Year 4 PSHE & RSE Curriculum Map

Autumn 1		Spring 1		Summer 1	
Lesson 1	We don't have to be the same: Similarities and differences between people arise as they grow and make choices.	Lesson 1	Drugs, Alcohol and Tobacco: - Understand the effect that a range of substances including drugs, alcohol and tobacco can have on the body - Learn that our bodies are created by God, so we should take care of them and be careful about what we consume	Lesson 1	A time for everything: - 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	Meet your brain: - Learn how you can train your mind - Learn how your brain can grow - Learn about the different parts of our brains	Lesson 2	Appreciate: - 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	Big Changes, Little Changes: - 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	Meet your brain: - Learn more about how Team H-A-P works - Learn what is real and perceived danger - Learn what triggers our Amygdala	Lesson 3	Appreciate: - 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	Engage: - Learn what we engage in. - Learn how we can help ourselves to feel good.
Lesson 4	Meet your brain: Learn how to calm your Amygdala	Lesson 4	Appreciate: Learn which hormone gets released when we give or receive gratitude.	Lesson 4	Engage: Learn how we can Feel Good and Do Good.

			- Learn how to create a habit of giving gratitude. - Learn how gratitude can help us face problems.		- Learn what Big Dream Goals are. - Learn why setting goals make us feel so good.
Lesson 5	Meet your brain: - Learn what Neurons and Neural Pathways are - Learn how to form habits	Lesson 5	Appreciate: - Learn how to appreciate ourselves. - Learn more about how our Character Strengths can help us to appreciate ourselves.	Lesson 5	Engage: - 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: - 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	Safe in my Body: - Recognise what kind of physical contact is acceptable or unacceptable and how to respond. - Learn about different kinds of abuse, including abuse of private part - Learn that there are different people we can trust for help	Lesson 1	First Aid Heroes: - Learn that it is important to remain calm in an emergency - Learn how quick reactions in an emergency can save a life - Children can help in an emergency using their First Aid knowledge	Lesson 1	What is puberty? - 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	Recognising risks: - Engage with the drama, activities and class/group/pair discussion. - Have an opportunity to engage in a time of reflection and prayer.	Lesson 2	Relate: - Learn how to understand and celebrate our differences. - Learn what Stop, Understand and Consider means and how it can help	Lesson 2	Changing bodies: - Learn correct naming of genitalia. - Learn what changes will happen to boys during puberty. - Learn what changes will happen to girls during puberty.
Lesson 3	Celebrate: - Learn about character and Character Strengths. - Learn which strengths we use the most.	Lesson 3	Relate: - Learn how to better understand differences. - Learn how we can use our strengths indifferent ways	Lesson 3	Male/ female discussion groups: Opportunity for children to ask questions and learn in the same sex environment.

	Learn why it is important to use our Character Strengths				
Lesson 4	Celebrate: - 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: - 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	Working Together: - 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 5	Celebrate: - 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: - 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	Money Matters: - All forms of money have advantages and disadvantages - Our attitude to money and choices about spending, saving and giving impacts on ourselves and others - 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
Lesson 6	Celebrate: - Learn how we can grow our strengths. - Learn more about Neuroplasticity and how it helps us.				

- PSHE – My Happy Mind
- PSHE – Ten Ten Life to the Full Plus (PSHE)
- RSE – Ten Ten Life to the Full (RSE)