



## End of Year Attainment Summary – PSHE (Health & Relationships)

<b><u>Year Group: 4</u></b>	<b><u>To be taught in stipulated term:</u></b>		
	<b><u>Autumn 1</u></b>	<b><u>Autumn 2</u></b>	
<b>Health and Wellbeing</b>			
I can identify how some diseases spread but can be controlled by following simple routines and completing daily hygiene practices			
What is essential for 'healthy eating'? - Balanced food groups investigated.			
I can explain the benefits of regular physical exercise towards my health and well-being as well as how bad habits (long periods of gaming, T V, lying in bed, etc.) can be damaging.			
Physical, social & mental health – Who am I? Is it ok to be different: height, weight, skin colour, hair texture, abilities, culture, etc.			
I can recognise different risks and decide how to behave (road safety, prescribed medicines, cigarettes & vaping, online, alcohol and my peers)			
Know different ways of reporting unacceptable content and contact online.			
Understand when to share personal information and when not to.			
Aspirations –identify strengths for the future. I can learn from my experiences by recognising what I am good at, sharing my achievements and identifying my mistakes.			
I can face new challenges positively by being prepared (collecting information, looking for help, making choices, taking action).			
What to do in an emergency? Knowing when to make that emergency call & how to perform basic first aid.			

Changing families: loss and separation, forming a new family, being different. Reinforce the basics of all families stay the same - love, support and understanding.			
<b>Living In The Wider World</b>	<b><u>Summer 1</u></b>	<b><u>Summer 2</u></b>	
I can discuss, debate and write about my opinions on things that matter to me and society (topical issues, including gender stereotypes: pink dolls or blue cars, equal jobs opportunities).			
I can learn that people and other living things have needs and understand my responsibility to meet those needs			
I can identify how to look after my local environment and explain what harms it.			
I am becoming more aware of the problems facing the worlds environment and I am thinking of ways to protect it.			
I can use my knowledge to reflect positively on the spiritual, moral, social and cultural beliefs, experiences & views of others. Include differences and similarities.			
I can resolve differences by looking at alternative decisions and choices – and not being easily led/influenced by others extreme reactions			
I can explain why Britain is a democracy- I can explain why and how rules are made and enforced.			
I can understand that people living in England must live under the rule of law (the only law in England) which is used to protect every citizen’s well-being and safety			
I can manage my own money: pocket money – choosing what to buy and dealing with change			
I can describe a wide range of jobs and understand the skills required which will enable me to contribute to society and raise my future aspirations.			
Understand that we can search for information in a variety of ways and that we influence the outputs of searches depending on our input.			
<b>Relationships</b>	<b><u>Spring 1</u></b>	<b><u>Spring 2</u></b>	
I can identify and respect the differences and similarities between people in the UK			

I can understand that my actions (including my opinions) affect myself and others (try and see things from another person's point of view)			
I can judge what kind of physical contact is acceptable/unacceptable and know where to get help.			
I can recognise that there are different types of relationships which aren't always good for me. What are the features of a true friendship? Mutual respect, loyalty, kindness, support, trust, etc.			
Working with others collaboratively to achieve shared goals,			
I can identify that there are different types of bad behaviour (teasing, bullying, aggression, racism), know that it is wrong and explain where I would get help – include self-worth.			
I know when and why to use Cape's empowerment slogan: 'No! Stop! I don't like it.'			
I know the 'PANTS' rule and can explain to others.			
I know how to keep myself safe in different situations (including online) and I can explain reasons for doing so.			
I know who I can speak to, if I need help. To include domestic violence.			
<b>Know who to tell if concerned about content or contact online.</b>			