Y4 PSHE/RSE Curriculum

NCEA WARKWORTH PRIMARY SCHOOL

Autumn	**My healthy self:** How can I make healthy choices?	**Connecting with others:** How can we respect each other?
Year 4	• Activity strengthens the heart, lungs, muscles and bones and supports wellbeing. • Long periods of inactivity can lower energy; build movement into everyday routines. • A balanced diet includes different food groups, which do different jobs in the body. • Fruit, vegetables and water support health; too much sugar, salt or fat can cause problems. • Nutrients support growth and health. Recognise natural and processed foods. • Practice, learning from mistakes and helping others can build confidence and wellbeing.	• Everyone deserves fairness and kindness; manners, tone and body language can show respect. • People sharing a space may have different needs and preferences. • Honesty, kindness and respecting physical, emotional and digital boundaries build trust. • Assertiveness means speaking calmly and clearly; kindness does not mean always agreeing. • Negotiation and compromise help resolve friendship difficulties without aggression. • Stereotypes are unfair assumptions about groups. Respond to bullying safely and seek help.
Spring	**The online world:** How can we decide what to trust online?	**Citizenship:** How can I spend money responsibly?
Year 4	• The internet helps us find information, but some content is inaccurate or misleading. • Compare several sources before deciding whether information is reliable. • Online messages can be misunderstood, so read and share them carefully. • Apps and websites can have age restrictions to protect children. • Shared information may spread beyond its intended audience; keep private details private. • Know how to save evidence of an online concern safely and report it to an adult.	• People can pay in different ways, including cash and bank cards. • A budget is a plan for spending and saving available money. • Value for money involves considering cost, quality and usefulness. • Comparing choices helps people make responsible spending decisions. • Money can affect feelings and influence choices. • Planning helps balance spending now with saving for later.
Summer	**Health protection:** How will my body and emotions change as I grow up?	**Staying safe:** What signs help me recognise what is safe and unsafe?
Year 4	• Puberty brings physical changes towards adulthood, at different times for everyone. • Recognise changes such as developing breasts, body hair and a more prominent Adam's apple. • Emotions and moods can change during puberty and may feel difficult to manage. • Periods are part of the menstrual cycle, when blood leaves the body through the vagina. • Periods may start unexpectedly or cause discomfort; suitable period products help manage them. • All bodies deserve respect. Respect personal boundaries and ask trusted adults about worries.	• Ignored boundaries, worrying secrets and overly familiar behaviour can be warning signs. • Unsafe behaviour can come from someone we know; we can say no and seek help. • Use road crossings safely and recognise risks when walking, cycling or scooting. • Recognise water safety signs and hazards such as currents, cold temperatures and unknown depths. • Fire, electrical items and household products can be dangerous; medicines must be used as directed. • Keep asking trusted adults for help; give clear information when calling 999.