

PSHE Progression Overview – Year 4

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic		New beginnings/ Feeling good feeling safe	Getting on and falling out (Anti Bullying)	Keeping safe (Environmental safety and drug education)	Good to be me	Relationships	SRE
Subject		HW/R/Economic wellbeing, Living in the wider word.	Relationships/ Economic Living in the wider world.	Health and wellbeing	Health and wellbeing	Relationships/Living in the wider world	Health and wellbeing
Week 1	Can I	Can I help to construct, and agree to follow, group and class rules and to understand how these rules help them?	Can I describe what positively and negatively affects my physical, mental and emotional health?	Can I explore what I think about healthy and unhealthy choices?	Can I explain what mental health is? Can I explain what well-being means to you? Can I explain what helps us to grow our well-being?	Can I explore loss and explore coping strategies?	Can I explain and show how to calm embarrassment?
	Activity	Introduce class charter and class rules.	Anti-bullying pack	Drugs and Alcohol ppt Lesson 1	Mental health and wellbeing ppt Lesson 1	Exploring loss PPT	Class discussion. Embarrassment PPT and activity.
Week 2	Can I	Can I understand that different people have different feelings about the same situation?	Can I recognise and respond to a wider range of feelings in others?	Can I create a healthy pledge?	Can I explain what are big feelings? Can I describe when we need to ask for help with our own or someone else's mental health?	Can I recognise what constitutes a positive, healthy relationship and that they have a right to be happy and safe?	Can I explain how a human baby begins?

	Activity	Feeling good feeling safe PPT Lesson 1	Anti-bullying pack	Drugs and Alcohol ppt Lesson 1 Continued	Mental health and wellbeing ppt Lesson 2	Healthy relationship scenario cards.	SRE PPT Lesson 1
Week 3	Can I	Can I give examples of when it's fun for me to feel scared? Can I recognise that dares are not always safe? Can I explain some ways to say no to dares that feel unsafe?	Can I show awareness that my actions effect others? Can I listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feelings and to try to see, respect and if necessary constructively challenge their points of view?	Can I explain the effects of tobacco?	Can I explain what is mindfulness? Can I explain how I can be mindful help us grow our well-being? Can I explain how can it help us feel just right? Can I explain how can we 'take notice' and grow our well-being?	Can I explore why and how rules and laws that protect themselves and others are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules?	Can I explain what happens to my body when I grow and change?
	Activity	Feeling good feeling safe PPT Lesson 2	Anti-bullying pack	Drugs and Alcohol ppt Lesson 2	Mental health and wellbeing ppt Lesson 3	Gender PPT	SRE PPT Lesson 2
Week 4	Can I	Can I understand that we can talk with someone about anything, even if it feels awful or small? Can I understand when to share a secret?	Can I resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices?	Can I enjoy and take part in ways to re-lax and distress?	Can I explain what is mindfulness? Can I explain how I can be mindful help us grow our well-being? Can I explain how can it help us feel just right? Can I explain how can we 'take notice' and grow our well-being?	Can I appreciate the diversity of national, regional, religious and ethnic identities in your school, Brighton & Hove and in the United Kingdom?	Can I explain the word 'puberty'?

	Activity	Feeling good feeling safe PPT Lesson 3	Anti-bullying pack	Drugs and Alcohol ppt Lesson 2 Continued	Mental health and wellbeing ppt Lesson 3 Continued	Gender PPT	SRE PPT Lesson 2 (CONTINUED)
Week 5	Can I	Can I recognise that different people can help me with different things? Can I recognise that we choose different people to help us?	Can I realise the consequences of anti-social and aggressive behaviours such as bullying and discrimination on individuals and communities?	Can I resist peer pressure?	Can I explore the feeling of hope?	Can I develop the skills to recognise and challenge inequality, prejudice, stereotyping and injustice including bullying, racism, sexism, disablism, homophobia, biphobia and transphobia?	Can I explain how changes at puberty affect how young people might feel?
	Activity	Feeling good feeling safe PPT Lesson 4	Anti-bullying pack	Drugs and Alcohol ppt Lesson 3	Hope PPT Flo's funny feelings	Gender PPT	SRE PPT Lesson 3
Week 6	Can I	Can I recognise my feelings and when I need to be mindful?	Can I resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices?	Can I realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours (including cyber bullying, use of prejudice-based language, and towards all minority groups (including gay lesbian, bisexual and transgender and those suffering from poor mental health), and how to respond to them and ask for help?	Can I explore the feeling of disappointment and anger?	Can identify and respect the differences and similarities between people, including family, cultural, ethnic, racial and religious diversity, age, sex, sexual orientation, and disability?	Can I explain what skills I need to grow and change?
	Activity	Mindfulness meditating activity	Anti-bullying pack	Disability equality education lesson	Anger and disappointment PPT	Gypsy Roma traveller assembly	SRE PPT Lesson 4

		Yoga		Equality PPT	Flo's funny feelings		
Week 7	Can I	<p>Can I find strategies for keeping physically and emotionally safe including road safety, safety in the environment and safety online (including social media, the responsible use of ICT and mobile phones)?</p> <p>Can I demonstrate importance of protecting personal information, including passwords, addresses and images?</p> <p>Can I recognise when and how and who to ask for help (including outside organisations)?</p>	<i>Space has been left as lessons may move due to in class assemblies and current events.</i>	<i>Space has been left as lessons may move due to in class assemblies and current events.</i>	<i>Space has been left as lessons may move due to in class assemblies and current events.</i>	<i>Space has been left as lessons may move due to in class assemblies and current events.</i>	<i>Space has been left as lessons may move due to in class assemblies and current events.</i>
	Activity	Internet safety lessons					