

Personal, Social, Health and Relationships Education in Year 4

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	What is diversity?	How can we be a good friend?	How can we achieve a balanced lifestyle?	How can we contribute to society?	How can we keep safe in our local area?	What is the difference between rights and responsibilities?
Context	Difference and diversity of people living in the UK; values and customs of people around the world; stereotypes	Recognise wider range of feelings in others; responding to feelings; strategies to resolve disputes; negotiation and compromise; resolving differences; feedback	To understand what affects their physical, mental and emotional health; to recognise and develop their own skills to make good choices	To develop and understanding of debt, loan and taxes; to learn how resources can be allocated in different ways and these choices affect individuals	Managing risk in familiar situations and the local environment; feeling negative pressure and managing this; recognising and managing dares; actions affect themselves and others; people who help them stay healthy and safe	About their responsibilities, rights and duties (home, school and the environment); resolving differences – agreeing and disagreeing
Relationships Education	How to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know	That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right	That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up		About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help	