

Pegswood Primary School

Year 4 Coverage

PSHE & RSE



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Year Group Coverage – PSHE & RSE



Year 4						
		Family & Relationships	Health & Wellbeing	Safety & the Changing Body	Economic Wellbeing	Citizenship
Family & Relationships	Understanding that families are varied, in the UK and across the world and having respect for these differences.	✓				
	Exploring physical and emotional boundaries in friendships.	✓				
	Exploring different roles related to bullying including victim, bully and bystander.	✓				
	Understanding expected courtesy and manners in a range of scenarios.	✓				
	Understanding how my actions and behaviour affects others.	✓				
	Understanding stereotyping.	✓				
	Learning what bereavement is and how to help someone who has experienced bereavement.	✓				
Health & Wellbeing	Developing independence in looking after my teeth.		✓			
	Identifying what makes me feel calm and relaxed and learning visualization as a tool to aid relaxation.		✓			
	Understanding the skills needed for different jobs and exploring how my skills can be used to undertake certain jobs and roles.		✓			
	Understanding that it is normal to experience a range of emotions.		✓			
	Developing the ability to appreciate the emotions of others in different situations.		✓			
	Learning to take responsibility for my emotions and that I can control some things but not others.		✓			
	Developing an understanding of mental health including experiencing problems.		✓			
Developing a growth mindset, acknowledging that mistakes are useful to learning.		✓				

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		Family & Relationships	Health & Wellbeing	Safety & the Changing Body	Economic Wellbeing	Citizenship
Safety and the Changing Body	Developing an understanding of being safe online.			✓		
	Understanding how to seek help if I need to.			✓		
	Exploring the difference between private and public.			✓		
	Understanding that age restrictions are designed to protect me.			✓		
	Learning about the benefits and risks of sharing information online.			✓		
	Understanding the risks associated with tobacco.			✓		
	Developing an understanding of physical and emotional changes as I grow up.			✓		
	Knowing how to help someone with asthma.			✓		
Citizenship	Developing an understanding of ways to keep safe when around railways and open water (rivers, beach).			✓		
	What are human rights?					✓
	Caring for the environment.					✓
	Community groups.					✓
	Contributing.					✓
	Diverse communities.					✓
Economic Wellbeing	Local councillors.					✓
	Spending choices/ value for money.				✓	
	Keeping track of money.				✓	
	Looking after money.				✓	
	Influences on career choices.				✓	
Jobs for me.				✓		