



PHSE Curriculum Map 2020-2021

	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams & Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Year 4	<p>To know that my attitudes and actions make a difference to the class team.</p> <p>To understand who is in the school community, the roles they play and how I fit in.</p> <p>To understand how democracy works and what rights and responsibilities I have.</p> <p>To understand that my actions affect myself and others.</p> <p>To care about other people's feelings and try to empathise with them.</p> <p>To take on a role in a group and contribute to the overall outcome.</p>	<p>To understand that, sometimes, we make assumptions based on what people look like and we judge by appearances.</p> <p>To understand what influences me to make assumptions based on how people look.</p> <p>To know that sometimes bullying is hard to spot and I know what to do if I think it is going on.</p> <p>To problem-solve a bullying situation with others.</p> <p>To identify what is special about me and value the ways in which I am unique. Also, to accept people how they are.</p>	<p>To be able to tell you about some of my goals and dreams.</p> <p>To understand that sometimes they do not come true and that this can hurt.</p> <p>To know that reflecting on positive and happy experiences can help me to counteract disappointment.</p> <p>To know what it means to be resilient and to have a positive attitude.</p> <p>To enjoy being part of a group challenge.</p>	<p>To recognise how different friendship groups are formed, how I fit into them and the friends I value the most.</p> <p>To understand the facts about smoking and its effects on health.</p> <p>To understand the facts about alcohol and its effects on health, particularly the liver.</p> <p>To identify feelings of anxiety and fear associated with peer pressure.</p> <p>To recognise the changing dynamics between people.</p>	<p>To identify the web of relationships that I am part of, starting from the closest to those more distant.</p> <p>To know how most people feel when they lose something or someone special.</p> <p>To explain different points of view on an animal rights issue.</p> <p>To understand how people feel when they love a special pet.</p> <p>To know how to show love and appreciation to the people and animals who are special to me.</p>	<p>To understand that some of my personal characteristics have come from my birth parents.</p> <p>To understand what puberty is and that menstruation (having periods) is a natural part of this.</p> <p>To express my fears and concern about changes that are outside of my control and know how to manage these feelings positively.</p> <p>To identify what I am looking forward to when I am in Year 5.</p>

