

YEAR FOUR PSHE / RSE OVERVIEW

Term Year Group	Autumn 1 SEAL: New Beginnings	Autumn 2 SEAL: Getting On & Falling Out (Anti Bullying Week)	Spring 1 SEAL: Going For Goals!	Spring 2 SEAL: Good To Be Me	Summer 1 SEAL: Relationships	Summer 2 SEAL: Changes
Year 4	<p>SEAL: Feeling welcomed & valued. Managing & understanding own feelings.</p> <p>RSE: Feelings & Friendship – Expressing positive & negative feelings.</p> <p>DATE: Identify & name some feelings. Express positive and negative qualities.</p> <p>HEALTHY LIFESTYLES: Water Safety – Swimming. Road Safety – crossing the road.</p> <p>E SAFETY: See Computing planning.</p>	<p>SEAL: Taking turns & working together. Managing anger. Seeing another point of view.</p> <p>RSE: Feelings & Friendship- Qualities of friendship and conflict. Feeling left out.</p> <p>DATE: Harmful aspects of some household products & medicines. Keeping safe</p> <p>ANTI BULLYING: ABCD Curriculum. Anti-Bullying Week.</p> <p>GLOBAL/CITIZENSHIP: Challenging opinions in society - racism.</p>	<p>SEAL: Understanding goals & consequences. Self as a learner. Achieving goals – perseverance.</p> <p>RSE: Everyone is special/ everyone is different.</p> <p>DATE: Simple choices about some aspects of health and well-being – understand the effects of alcohol & tobacco.</p> <p>HEALTHY LIFESTYLES: Feeling good about yourself, self-esteem and body image.</p> <p>E SAFETY E SAFETY: See Computing planning. Safer Internet Day</p>	<p>SEAL: Assertiveness. Self as a learner. Coping with worries, feelings & anger. Taking responsibility.</p> <p>RSE: Growing up & safety – What is a grown up?</p> <p>DATE: Simple choices about some aspects of health and well-being – drugs.</p> <p>ANTI BULLYING: ABCD Curriculum. Stranger Danger. Safer strangers. Real life scenarios.</p> <p>GLOBAL/CITIZENSHIP: Keeping our money safe (financial capability.)</p>	<p>SEAL: Important people. Loss and bereavement. Understanding responsibility / guilt. Understanding feelings.</p> <p>RSE: NSPCC assembly and workshop – (on a two year cycle).</p> <p>DATE: Describe ways of keeping safe – safety in the home.</p> <p>HEALTHY LIFESTYLES: Being a safe cyclist and road safety, use of seatbelts in the car.</p> <p>E SAFETY: See Computing planning.</p>	<p>SEAL: Belonging to a group. Understanding change & responses to change. Overcoming obstacles. Dealing with feelings.</p> <p>Focus on: Transition to Y5.</p> <p>Healthy Mind and Body (Wellbeing) Week.</p> <p>WC: 16th July 2018</p>

Please ensure consent/withdrawal forms are sent home for relevant RSE topics.