



Our PSHE lessons this half term in Year 4

This half term, our classes will all be learning about the topic 'Being my Best' in PSHE. The majority of the content in these lessons is now statutory, in line with the Relationships and Health curriculum that became compulsory for schools in September 2020. When this was introduced we underwent a period of consultation where the proposed changes were set out and parents were invited to give feedback, and this helped us to shape our curriculum.

We feel it would be useful for our parents and carers to have clear idea of what sort of content is being introduced in our lessons as they are REALLY important topics and often provoke discussion and questions which may also be brought home. Please rest assured that all lesson content is handled with sensitivity, respect and in an age appropriate manner, with a much of the focus being around keeping ourselves safe and both physically and mentally healthy.

If you would like any further information about the relationships and health learning that is taking place then please do not hesitate to get in touch with your class team in the usual way. We are here to help! ☺

Mrs Helen Jones

PSHE lead teacher

Lesson	Lesson Focus	Lesson Content
1	What makes me ME!	Identify ways in which everyone is unique; Appreciate their own uniqueness; Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.
2	Making choices	Give examples of choices they make for themselves and choices others make for them; Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.
3	SCARF hotel	Understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health; Plan a menu which gives a healthy balanced of foods from across the food groups on the Eatwell Guide (formerly Eatwell Plate).
4	Harold's Seven Rs	Understand the ways in which they can contribute to the care of the environment (using some or all of the seven Rs); Suggest ways the Seven Rs recycling methods can be applied to different scenarios.
5	My school community (1)	Define what is meant by the word 'community'; Suggest ways in which different people support the school community; Identify qualities and attributes of people who support the school community.
6	Basic first aid	Physical Health and Mental Wellbeing (Health Education) Basic first-aid1. How to make a clear and efficient call to emergency services if necessary.

		Physical Health and Mental Wellbeing (Health Education) Basic first-aid2. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.
7	Volunteering is cool (OPTIONAL)	Define what a volunteer is; Use the Five Ways to Wellbeing theory to suggest some of the reasons why people volunteer.