

Year 4 – PSHE lessons		
Autumn 1	Spring 1	Summer
<p>Fun, food and fitness: making healthy choices</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about choosing healthy snacks and what influences people’s decisions 2. that their leisure time activity choices can be very active or less active and how this can impact on a person’s health 	<p>Drug, alcohol and tobacco education: drugs common to everyday life</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about drugs that are common to everyday life and why people choose to use them 2. about different types of drug use (social, habitual, addiction and overloading) 3. about alcohol and its effects on the body 	<p>Sex and relationship education: growing up and changing</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about the way we grow and change throughout the human lifecycle 2. about the physical changes associated with puberty 3. about menstruation and wet dreams 4. about the impact of puberty in physical hygiene and strategies for managing this 5. how puberty affects emotions and behaviour and strategies for dealing with the changes associated with puberty 6. strategies to deal with feelings in the context of relationships 7. to answer each other’s questions about puberty with confidence, to seek support and advice when they need it
Autumn 2	Spring 2	
<p>Keeping safe: online /offline</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. about behaviour – online and offline – what is acceptable and unacceptable 2. about the importance of keeping personal information secure 3. how to be safe in their computer gaming habits 	<p>Citizenship: local2global (citizenship / history / geography project)</p> <p>Pupils learn:</p> <ol style="list-style-type: none"> 1. some facts about Islington (past and present) 2. about people who have moved to Islington from other places 3. about the experiences of refugees 4. how shopping for food links us to other parts of the world and about fair trade 5. about how Islington has changed in the last 100 years 6. about children’s rights 7. about what is positive and negative in Islington’s environment 8. about some significant people who have lived in Islington 	