PSHE Skills and Knowledge
Expected by the End of Year 4 **(highlighted if you are following the PSHE condensed plan)**

Families and relationships	Health and wellbeing
• To use respectful language to discuss different families. • To explore physical and emotional boundaries in friendships. • To explore how my actions and behaviour can affect other people. • To discuss how to help someone who has experienced a bereavement.	• To develop independence in looking after my teeth. • To identify what makes me feel calm and relaxed. • To learn visualisation as a tool to aid relaxation. • To explore how my skills can be used to undertake certain jobs • To explore ways we can make ourselves feel happy or happier. • To develop the ability to appreciate the emotions of others in different situations. • To learn to take responsibility for my emotions by knowing that I can control some things but not others. • To develop a growth mind-set.
Safety and the changing body	**Citizenship**
• To discuss how to seek help if I need to. • To explore what to do if an adult makes me feel uncomfortable. • To learn about the benefits and risks of sharing information online. • To discuss the benefits of being a non-smoker. • To discuss some physical and emotional changes during puberty. • To learn how to help someone who is having an asthma attack.	• To discuss how we can help to protect human rights. • To identify ways items can be reused. • To explain why reusing items is of benefit to the environment. • To identify the benefits different groups bring to the local community. • To discuss the positives diversity brings to a community.
Economic wellbeing	**Transition**
• To explore the factors which affect whether something is value for money. • To discuss some impacts of losing money. • To identify negative and positive influences that can affect our career choices.	• To recognise our own achievements. • To be able to set goals.