



# FLORENCE MELLY COMMUNITY PRIMARY SCHOOL

## YEAR 4 RSHE CURRICULUM OVERVIEW

### IF YOU CAN DREAM IT, YOU CAN DO IT!



#### Year 4 Relationship, Sex and Health Education Programme Overview

Broad Topics		Key Vocabulary	Topic overview		
<b>Healthy and Happy Friendships</b>	Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries.	friend, values, qualities, difficulty, compromise, communication, yes, no, boundaries, permission	<b>Qualities of a good friend</b> - exploring healthy and happy friendships. Pupils focus on the qualities of a good friend and the values we all look for in a friend, which in turn allows pupils to reflect on their own values.	<b>Solving friendship difficulties</b> - exploring healthy and happy friendships. Pupils focus on the skills needed to solve difficulties in friendships when they arise, and how to manage these in a positive way.	<b>Personal boundaries and permission</b> - exploring healthy and happy friendships. Pupils focus on the importance of understanding personal boundaries and what pupils should do if someone does not respect their privacy/personal space.
<b>Similarities and Differences</b>	Identity and diversity. Seeing different perspectives and not making judgements based on appearance.	diversity, stereotypes, judge, judgement, point-of-view, opinion, disagree, agree	<b>Being British</b> - explore people's similarities and differences within society, examining that while we are all different, we are all equal and should feel valued and respected. Pupils explore British identities and how stereotyping about identity can be unhelpful and inaccurate.	<b>Making a judgement</b> - explore people's similarities and differences within society, examining that while we are all different, we are all equal and should feel valued and respected. Pupils look at how people make judgments based on appearance, how this can affect others and what we can all do to help.	<b>A different point of view</b> - explore people's similarities and differences within society, examining that while we are all different, we are all equal and should feel valued and respected. Pupils explore how we manage different points of view.
<b>Caring and Responsibility</b>	Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child.	rights, responsibilities, respect, opportunities, entitled, agreement, rights, convention, United Nations, roles, responsibilities	<b>Our rights, our responsibilities</b> - exploring rights and responsibilities and the links between them.	<b>The UN Convention on the Rights of the Child</b> - exploring rights and responsibilities, and the links between them. Pupils are introduced to the United Nations Convention on the Rights of the Child and explores how these rights enable them to be safe and cared for.	<b>Family roles and responsibilities</b> - exploring rights and responsibilities and the links between them. Pupils explore the different responsibilities people may have within their family.
<b>Families and Committed Relationships</b>	The range of relationships we experience in our everyday lives. How to understand the differences between types of relationships we encounter.	relationships, appropriate, behaviour, belonging, membership, together, family	<b>Different relationships: boundaries and behaviour</b> - exploring our families and other relationships. Pupils focus on identifying different types of relationship, and appropriate boundaries and behaviour within them.	<b>Belonging</b> - exploring our families and other relationships. Pupils focus on belonging to a group or team, and how we see ourselves belonging within a family.	<b>Families and committed relationships</b> - exploring our families and other relationships. Pupils focus on how families and those around us show how they care, including identifying the rules and expectations families have to ensure members are kept safe and healthy.
<b>Healthy Bodies, Healthy Minds</b>	Influences on our health and wellbeing, including friends, family and media, and awareness of how these can affect personal health choices.	Influence, pressure, persuade, healthy choices, consequence, responsibility, feelings emotions	<b>Healthy influences</b> - exploring the choices we make in relation to our health and wellbeing. Pupils focus on things that might influence our choices around healthy eating and other behaviours.	<b>Making healthy choices</b> - exploring the choices we make in relation to our health and wellbeing. Pupils focus on different healthy choices we can make, and some potential consequences for our bodies and minds of making unhealthy choices.	<b>Dealing with feelings</b> - exploring the choices we make in relation to our health and wellbeing. Pupils focus on our choices around emotional wellbeing and mental health.
<b>Coping with Change</b>	How our bodies change as we enter puberty, including hygiene needs and menstruation.	puberty, hormones, menstruation, eggs, sanitary pads, periods, hygiene, hormones, sweat, health	<b>What is puberty?</b> - exploring how our bodies start to change as we enter puberty. Pupils are introduced to the basic physical and emotional changes they will start to experience.	<b>Understanding periods</b> - exploring how our bodies start to change as we enter puberty. Pupils are introduced to menstruation in a simple way to enable both boys and girls to understand what it is and why it happens.	<b>Keeping clean as we grow and change</b> - exploring how our bodies start to change as we enter puberty. Pupils focus on the increasing need for hygiene as we enter puberty, and explores some of the products that can help us maintain good hygiene.