

Personal, Social and Health Education (PSHCE) Expectations: Year 4

Autumn 1	Spring 1	Summer 1
<p>Identity, Society And Equality:</p> <p><i>Democracy</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about food that is associated with special times in different cultures • about active playground games from around the world • about sun-safety 	<p>Relationships and Sex Education:</p> <p><i>Growing Up</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • to explore the human lifecycle • to identify some basic facts about puberty • to explore how puberty is linked to reproduction 	<p>Physical Health And Wellbeing:</p> <p><i>What Is Important To Me?</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • why people may eat or avoid certain foods (religious, moral, cultural or health reasons) • about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality) • about the importance of getting enough sleep
Autumn 2	Spring 2	Summer 2
<p>Drug, Alcohol And Tobacco Education:</p> <p><i>Alcohol</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • to understand the effect alcohol has on the body • to understand the risks related to drinking alcohol • to consider how society limits the drinking of alcohol 	<p>Careers, Financial Capability And Economic Wellbeing:</p> <p><i>Saving, Spending And Budgeting</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • about what influences people's choices about spending and saving money • how people can keep track of their money • about the world of work 	<p>Keeping Safe And Managing Risk:</p> <p><i>Playing Safe</i></p> <p>Pupils learn:</p> <ul style="list-style-type: none"> • how to be safe in their computer gaming habits • about keeping safe near roads, rail, water, building sites and around fireworks • about what to do in an emergency and basic emergency first aid procedures