

Year 4 PSHE, RSE and British Values



PSHE and RSE: Family and Relationships British Values: Democracy

Autumn 1	Week 1: 5 th Sept	Transition, School Values and Expectations
	Week 2: 11 th Sept	British Values: Democracy – Democracy- Part 2 (Young Citizens)
	Week 3: 18 th Sept	Assessment: Family and Relationships Lesson 1: Respect and Manners
	Week 4: 25 th Sept	Lesson 2: Healthy Friendships
	Week 5: 2 nd Oct	Lesson 3: How my behaviour affects others
	Week 6: 9 th Oct	Lesson 4: Bullying
	Week 7: 16 th Oct	Lesson 5: Stereotypes: Gender Lesson 6: Stereotypes: Disabilities
	Week 8: 23 rd Oct	Lesson 7: Families in the wider world

PSHE and RSE: Health and Wellbeing British Values: Rule of Law

Autumn 2	Week 1: 6 th Nov	Lesson 8: Change and loss Assessment: Family and Relationships
	Week 2: 13 th Nov	British Values: Rule of Law – All at sea (Young Citizens)
	Week 3: 20 th Nov	Assessment: Health and Wellbeing Lesson 1: My healthy diary
	Week 4: 27 th Nov	Lesson 2: Relaxation: Stretches
	Week 5: 4 th Dec	Lesson 3: Wonderful me
	Week 6: 11 th Dec	Lesson 4: My superpowers
	Week 7: 18 th Dec	Lesson 5: Resilience: Breaking down barriers

PSHE and RSE: Health and Wellbeing Safety and the Changing Body British Values: Individual Liberty

Spring 1	Week 1: 8 th Jan	Lesson 6: Communicating my feelings
	Week 2: 15 th Jan	Lesson 7: Diet and dental health Assessment: Health and Wellbeing
	Week 3: 22 nd Jan	British Values: Individual Liberty – Challenging stereotypes (Young Citizens)
	Week 4: 29 th Jan	Assessment: Safety and the changing body Lesson 1: First Aid: Emergencies and calling for help Lesson 2: First Aid: Bites and stings
	Week 5: 5 th Feb	Lesson 3: Be kind online

PSHE and RSE: Safety and the Changing Body

Spring 2	Week 1: 19 th Feb	Lesson 4: Cyber bullying
	Week 2: 26 th Feb	Lesson 5: Fake emails
	Week 3: 4 th Mar	Lesson 6: Making choices
	Week 4: 11 th Mar	Lesson 7: Influences
	Week 5: 18 th Mar	Lesson 8: Keeping safe out and about Assessment: Safety and the changing body

PSHE and RSE: Citizenship

British Values: Tolerance of those with different faiths and beliefs

Summer 1	Week 1: 8 th Apr	British Values: Tolerance of those with different faiths and beliefs – Our Class (Young Citizens)
	Week 2: 15 th Apr	Assessment: Citizenship Lesson 1: Rights of the child Lesson 2: Rights and responsibilities
	Week 3: 22 nd Apr	Lesson 3: Recycling
	Week 4: 29 th Apr	Lesson 4: Local community groups
	Week 5: 6 th May	Lesson 5: Charity
	Week 6: 13 th May	Lesson 6: Local democracy
	Week 7: 20 th May	Lesson 7: Rules Assessment: Citizenship

PSHE and RSE: Economic Wellbeing

British Values: Mutual Respect

Summer 2	Week 1: 3 rd June	British Values: Mutual Respect – Being part of a school community (Young Citizens)
	Week 2: 10 th June	Assessment: Economic Wellbeing Lesson 1: Ways of paying
	Week 3: 17 th June	Lesson 2: Budgeting
	Week 4: 24 th June	Lesson 3: How spending affects others
	Week 5: 1 st July	Lesson 4: Impact of spending
	Week 6: 8 th July	Lesson 5: Jobs and careers
	Week 7: 15 th July	Lesson 6: Gender and careers Assessment: Economic Wellbeing