

Year 4 PSHE, RSE and British Values



PSHE and RSE: Family and Relationships British Values: Democracy

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

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

Autumn 2	Week 1	Lesson 8: Change and loss Assessment: Family and Relationships
	Week 2	British Values: Rule of Law – All at sea (Young Citizens)
	Week 3	Assessment: Health and Wellbeing Lesson 1: Looking after Our Teeth
	Week 4	Lesson 2: Relaxation: Visualisation
	Week 5	Lesson 3: Celebrating Mistakes
	Week 6	Lesson 4: Meaning and Purpose: My Role
	Week 7	Lesson 5: My Happiness

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

Spring 1	Week 1	Lesson 6: Emotions
	Week 2	Lesson 7: Mental Health Assessment: Health and Wellbeing
	Week 3	British Values: Individual Liberty – Challenging stereotypes (Young Citizens)
	Week 4	Assessment: Safety and the changing body Lesson 1: Internet Safety: Age Restrictions Lesson 2: Share Aware
	Week 5	Lesson 3: First Aid: Asthma

PSHE and RSE: Safety and the Changing Body

Spring 2	Week 1	Lesson 4: Privacy and secrecy
	Week 2	Lesson 5: Consuming information
	Week 3	Lesson 6: Growing Up
	Week 4	Lesson 7: Introducing puberty
	Week 5	Lesson 8: Tobacco Assessment: Safety and the changing body

PSHE and RSE: Citizenship

British Values: Tolerance of those with different faiths and beliefs

Summer 1	Week 1	British Values: Tolerance of those with different faiths and beliefs – Our Class (Young Citizens)
	Week 2	Assessment: Citizenship Lesson 1: What are human rights?
	Week 3	Lesson 2: Caring for the environment
	Week 4	Lesson 3: Community
	Week 5	Lesson 4: Contributing
	Week 6	Lesson 5: Diverse Communities
	Week 7	Lesson 6: Local Councillors Assessment: Citizenship

PSHE and RSE: Economic Wellbeing

British Values: Mutual Respect

Summer 2	Week 1	British Values: Mutual Respect – Being part of a school community (Young Citizens)
	Week 2	Assessment: Economic Wellbeing Lesson 1: Spending Choices
	Week 3	Lesson 2: Keeping track of money
	Week 4	Lesson 3: Looking after money
	Week 5	Lesson 4: Influences on career choices
	Week 6	Lesson 5: Jobs and careers
	Week 7	Lesson 6: Changing job Assessment: Economic Wellbeing