

Personal Relationships

Me, My Body, My Health

Emotional well-being

Life Cycles

Keeping Safe

Living in the wider world



About change and loss including death and how these can affect feelings; ways of expressing/managing grief (RE)

About the need to respect and look after my body as a gift from God through what I wear, what I eat and what I physically do. (PE, DT links)

How conception and life in the womb fits into the cycle of life;

How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception

That they were handmade by God with the help of their parents

That people's spending decisions can affect others and the environment

Quick reactions in an emergency can save a life.

That bad language and bad behaviour are inappropriate;

To judge well what kind of physical contact is acceptable or unacceptable and how to respond;

The Year 4 RHE/PHSE Student

I have learned...

The difference between a group of friends and a 'clique'.

Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying.

About diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities

I can help in an emergency using my First Aid knowledge.

To judge well what kind of physical contact is acceptable or unacceptable and how to respond;

Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong

That there are different types of relationships including those between acquaintances, friends, relatives and family;

That good friendship is when both persons enjoy each other's company and also want what is truly best for the other;

Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.

To devise practical ways of loving and caring for others.

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How to use technology safely(E-safety)

About prejudice; how to recognise behaviours/actions which discriminate against others

About different careers and pathways.

In an emergency, it is important to remain calm.

About Money

That there are different people we can trust for help, especially those closest to us who care for us,