



Year 4 PSHE Curriculum Objectives



Autumn – Families and Friendships	Spring - Happy, healthy and Safe	Summer - Respectful and Resilient
Know that a smile can make others feel welcome	Know the importance after ourselves through basic personal hygiene Know about safe exposure to the sun and how to reduce the risk of skin damage	Know how to say a proper thank you that can make someone's day
Know the meaning of different families (foster family, birth family, adoptive family, step family) and that all families love and care for each other	Know what to do if you, or someone you know, feel unwell	Know how to make a proper apology
Know how to make good choices when under peer pressure	Know the effects of bullying and the importance of kindness (an anti-bully)	Know that the golden rule for respect is shared by many religion's
Know why we have rules and how rules keep us safe	Know the importance of regular visits to the dentist	Know that stereotypes about age can be unfair
Know how to give advice Know how to act safely and responsibly with friendship	Know the importance and facts about immunisation and vaccination	Know what to do if someone is mean to you online, and the importance of keeping some information private
Know about our responsibilities	Know what we can do in school and at home to improve our mental wellbeing	Know that no one should suffer in silence