

## P.S.H.E – Year 4 Overview

| Autumn 1 – New Beginnings                                | Autumn 2 – Getting on and Falling out | Spring 1 – Going for Goals          | Spring 2 – Good to be me                                  | Summer 1 – Relationships      | Summer 2 - Changes                               |
|--|---------------------------------------|-------------------------------------|---|-------------------------------|--|
| Creating a community                                     | Key qualities in a friend             | Knowing myself                      | Feeling good about myself and/or hopeful and disappointed | Special people                | Imposed or unwelcome change                      |
| The problem solving process                              | Understanding anger                   | Feelings and learning               | Hiding feelings   | Loss                          | Our responses to change                          |
| Our class charter  | Working together                      | Barriers to reaching learning goals | Being assertive   | Lets not forget               | Thinking, feeling, doing- changing relationships |
| Welcoming people to our group and/or joining a new group |                                       | Evaluation and review               | Fight or flight   | Growing and changing          | Assertiveness                                    |
| Calming down   |                                       | Perseverance                        | Smoking   | Body changes and reproduction | Your questions answered                          |
| New beginnings   |                                       | Planning to meet a goal             | Human persuader   | What is puberty?              |  |

SEAL – Social Emotional Aspects of Learning

DE – Drug Education

SRE – Sex Relationship Education