

# Waterville Primary School Progression of Skills in PSHE

<b>Year 4</b>	<b>Intent</b> This curriculum overview provides the importance of Personal, Social and Health Education (PSHE) help given to pupils to attain knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens. Pupils are encouraged to take part in a wide range of activities and experiences across and beyond the curriculum, contributing fully to the life of their school and communities. In doing so they learn to recognise their own worth, work well with others and become increasingly responsible for their own learning. They reflect on their experiences and understand how they are developing personally and socially, tackling many of the spiritual, moral and cultural issues that are part of growing up. Pupils also find out about the main political and social institutions that affect and about their responsibilities, rights and duties as individuals and members of communities. They learn to understand and respect our common humanity, diversity and differences so that they can go on to form the effective, fulfilling relationships that are an essential part of life learning.	
<b>Key Vocabulary</b> Anti-bullying, bully, bullying, network, techniques, loyal, self-preservation, anonymous, physical, teasing, cyber.	<b>Key Vocabulary</b> Reason, opinion, decision, impact, discuss, share, empathy, consider. organisation, charity, help, support, inequality.	<b>Key Vocabulary</b> Occupy, distract, healthy, attitude, mental health, brain, chemicals, dopamine, serotonin, oxytocin, endorphins, peer pressure, choices, dare, decisions, drugs, alcohol, cigarettes, e-cigarettes, lungs, body, physical.
<b>Relationships Autumn</b>	<b>Living in the Wider World Spring</b>	<b>Health &amp; Wellbeing Summer</b>
<p><b>Families and friendships</b></p> <ul style="list-style-type: none"> <li>• Features of positive healthy friendships such as mutual respect, trust and sharing interests.</li> <li>• Strategies to build positive friendships.</li> <li>• How to seek support with relationships if they feel lonely or excluded.</li> <li>• How to communicate respectfully with friends when using digital devices.</li> <li>• Knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don't know.</li> <li>• What to do or whom to tell if they are worried about any contact online.</li> </ul> <p><b>Safe Relationships</b></p> <ul style="list-style-type: none"> <li>• Differentiate between playful teasing, hurtful behaviour and bullying, including online.</li> <li>• How to respond if they witness or experience hurtful behaviour or bullying, including online.</li> <li>• Recognise the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable.</li> <li>• How to manage pressures associated with dares.</li> <li>• When it is right to keep or break a confidence or share a secret.</li> <li>• Recognise risks online such as harmful content or contact.</li> <li>• How people may behave differently online including pretending to be someone they are not.</li> <li>• How to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online.</li> </ul> <p><b>Respecting ourselves and others</b></p> <ul style="list-style-type: none"> <li>• Recognise differences between people such as gender, race, faith.</li> <li>• Recognise what they have in common with others e.g. shared values, likes and dislikes, aspirations.</li> <li>• The importance of respecting the differences and similarities between people.</li> <li>• Vocabulary to sensitively discuss difference and include everyone.</li> </ul>	<p><b>Belonging to a community</b></p> <ul style="list-style-type: none"> <li>• The meaning and benefits of living in a community.</li> <li>• Recognise that they belong to different communities as well as the school community.</li> <li>• Different groups that make up and contribute to a community.</li> <li>• Individuals and groups that help the local community, including through volunteering and work.</li> <li>• Show compassion towards others in need and the shared responsibilities of caring for them.</li> </ul> <p><b>Media literacy and Digital resilience</b></p> <ul style="list-style-type: none"> <li>• Everything shared online has a digital footprint.</li> <li>• Organisations can use personal information to encourage people to buy things.</li> <li>• Recognise what online adverts look like</li> <li>• to compare content shared for factual purposes and for advertising.</li> <li>• Why people might choose to buy or not buy something online e.g. from seeing an advert.</li> <li>• Search results are ordered based on the popularity of the website and that this can affect what information people access.</li> </ul> <p><b>Money and Work</b></p> <ul style="list-style-type: none"> <li>• How people make different spending decisions based on their budget, values and needs.</li> <li>• Keeping track of money and why it is important to know how much is being spent.</li> <li>• Different ways to pay for things such as cash, cards, e-payment and the reasons for using them.</li> <li>• How people spend money can have positive or negative effects on others e.g. charities, single use plastics.</li> </ul>	<p><b>Physical health and Mental wellbeing</b></p> <ul style="list-style-type: none"> <li>• Identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally.</li> <li>• What good physical health means and how to recognise early signs of physical illness.</li> <li>• That common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary.</li> <li>• Maintain oral hygiene and dental health, including how to brush and floss correctly.</li> <li>• The importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health.</li> </ul> <p><b>Growing and changing</b></p> <ul style="list-style-type: none"> <li>• Identify external genitalia and reproductive organs.</li> <li>• Emotional changes during puberty.</li> <li>• the importance of personal hygiene routines including washing regularly and using deodorant.</li> </ul> <p><b>Keeping safe</b></p> <ul style="list-style-type: none"> <li>• Importance of taking medicines correctly and using household products safely.</li> <li>• Recognise what is meant by a 'drug'.</li> <li>• Drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing.</li> <li>• Identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects.</li> <li>• Identify some of the risks associated with drugs common to everyday life.</li> <li>• That for some people using drugs can become a habit which is difficult to break.</li> <li>• How to ask for help or advice.</li> </ul>