

- Personal Relationships
- Me, My Body, My Health
- Emotional well-being
- Life Cycles
- Keeping Safe
- Living in the wider world



The Year 4 RHE/PHSE Student
I have learned...

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

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

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)

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;

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

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

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.

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

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

To devise practical ways of loving and caring for others.

How to use technology safely(E-safety)

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

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

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

about different careers and pathways.

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

Quick reactions in an emergency can save a life.

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

In an emergency, it is important to remain calm.

about Money

That bad language and bad behaviour are inappropriate;

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

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