



PSHE Curriculum Overview - Year 4

	Unit	Details
Autumn One	Health and Wellbeing	This unit begins with pupils discussing their strengths and achievements. It then continues with discussions into media images and the effects of this.
Autumn Two		Pupils continue with their learning around the topic of healthy lifestyles, with discussions into the topics of energy drinks and the effects these have.
Spring One	Relationships	Pupils learn about dispute and conflict. Other conversations will be had around the topics of dares, bullying and stereotypes.
Spring Two		Pupils will learn about gender identity and sexual orientation. Pupils will go on to discuss discrimination and how to resolve conflicts.
Summer One	Living in the Wider World	Pupils will discuss the online world and how to keep safe when using the internet.
Summer Two		Pupils will learn facts and information relating to water safety, alongside how to stay safe when next to large bodies of water, including the ocean.