

PSHE Knowledge Progression

YEAR 4 LEARNING OBJECTIVES AUTUMN TERM

	HEALTH EDUCATION				
1	2 HEALTHY EATING	3 HEALTHY EATING	4 HEALTH & PREVENTION	5 DRUGS, ALCOHOL & TOBACCO	7 DRUGS, ALCOHOL & TOBACCO
To set a goal	To understand that food gives us energy	To understand the importance of nutrients	Asthma Lesson: Pupils learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use	To learn that there are drugs (other than medicines) which are common in everyday life, and why people choose to use them	To learn about the effects and risks of drinking alcohol

		RELATIONSHIPS EDUCATION	HEALTH EDUCATION	
8 DRUGS, ALCOHOL & TOBACCO	9	10 RESPECTFUL RELATIONSHIPS	11 HEALTH & PREVENTION	11 HEALTH & PREVENTION
To learn about different patterns of behaviour that are related to drug use	To explain the importance of asking questions.	To developing an awareness of the role of victims, bullies and bystanders.	Understand that infection can be spread through unclean hands and that handwashing can prevent the spread of infection	Understand that infection can be spread through unclean hands and that handwashing can prevent the spread of infection

SPRING TERM

	HEALTH EDUCATION				
1	2	3 BASIC FIRST AID	4 BASIC FIRST AID	5 BASIC FIRST AID	6 BEING SAFE
To understand what we spend money on	To understand ways to save and the benefits of saving	Be able to identify when someone is having an allergic reaction to a bite or sting Be able to provide first aid treatment for someone who has been bitten or stung Be able to seek medical help if required	Know how to ensure the safety of myself and others Know how to assess a casualty's condition calmly and give first aid to someone who is bleeding Be able to give first aid to a casualty who is in shock Know when to seek medical help for someone who is bleeding	Recognise when someone is choking. Be able to administer first aid to a casualty that is choking (incl. back blows and tummy thrusts) Know when to seek medical help for a choking casualty.	To explain how to keep safe around water

RELATIONSHIPS EDUCATION					
7 BEING SAFE	8 ONLINE RELATIONSHIPS	9 ONLINE RELATIONSHIPS	10 RESPECTFUL RELATIONSHIPS/MENTAL WELLBEING	11 RESPECTFUL RELATIONSHIPS	12 RESPECTFUL RELATIONSHIPS
To explain how to keep safe around water	To understand that not everything online is trustworthy	To make decisions on what they trust online using agreed criteria	To understand how images are manipulated online.	To understand how stereotypes can label people	To understand how stereotypes can label people

RELATIONSHIPS EDUCATION	SCIENCE	HEALTH EDUCATION		RELATIONSHIPS EDUCATION	
1 RESPECTFUL RELATIONSHIPS	2 GROWTH & DEVELOPMENT	3 CHANGING ADOLESCENT BODY	4 CHANGING ADOLESCENT BODY	5 RESPECTFUL RELATIONSHIPS	6 RESPECTFUL RELATIONSHIPS
To identify the qualities of a good friend	To understand the main stages of the human lifecycle To understand the changes that humans go through at the different stages	To know some of the basic facts about puberty To know each person experiences puberty differently	To understand the importance of personal hygiene at puberty To know about different items that help keep us clean	To recognise positive things about themselves To challenge gender stereotyping	To understand aspects of discrimination

RELATIONSHIPS EDUCATION				
7 RESPECTFUL RELATIONSHIPS	8 RESPECTFUL RELATIONSHIPS	9 RESPECTFUL RELATIONSHIPS	10 ONLINE RELATIONSHIPS	11 ONLINE RELATIONSHIPS
To understand rights in a friendship.	To understand responsibilities in a friendship	To understand rights and responsibilities in a friendship	To identify and resist pressurising and manipulative behaviour	To understand how a child's online actions can affect others

