



PSHE inc RSE – Year 4	Autumn	Spring	Summer
<p>In LKS2 we will be covering the eight key areas of our PSHE inc RSE curriculum taken from our agreed Ironstone Academy Trust PSHCE inc relationships and sex education programme of study. The above structure is to be used as a guide to show the coverage across the year although should remain flexible to allow for high quality, trustworthy discussions to take place responding to the current needs of the children throughout the year.</p> <p>Key events linked to the subject are also included across the year e.g. Mental Health Week</p>	<p>Relationships</p> <ul style="list-style-type: none"> • How do I fix a friendship issue without fighting? • What are some of the bad ways people can behave towards one another? • What are the characteristics of a healthy family life? (times of difficulty, protection and care, time and sharing). • Why are strong friendships welcoming of others? <p>Living in Our World</p> <ul style="list-style-type: none"> • Does everyone earn the same amount of money – and is this fair? • Why is money so important to our lives? • What is a community? • Why does the world need charity? <p>People Who Help Me</p> <ul style="list-style-type: none"> • Where can I find information about growing up? 	<p>My Body and My Health</p> <ul style="list-style-type: none"> • Why is my body changing? • Why are some girls in my class taller than the boys? How do girls and boys grow differently? • Why are we all different? Is it ok to be different? • What are similarities and differences between boys and girls? • Should boys and girls behave differently? • What is a balanced diet? <p>Life cycles</p> <ul style="list-style-type: none"> • What happens when people get older? <p>Feelings and Attitudes</p> <ul style="list-style-type: none"> • Why are my feelings changing as I get older? • How do I feel about growing up and changing? • How can I cope with strong feelings? • What are 'stereotypes' and why do people have them? 	<p>Mental Wellbeing</p> <ul style="list-style-type: none"> • Why is mental wellbeing is an important part of daily life, in the same way as physical health? • How can exercise impact positively on mental health? <p>Keeping safe and Looking after myself</p> <ul style="list-style-type: none"> • When is it good or bad to keep secrets? • What is the difference between a secret and surprise? • Should we never take risks? And if we do, how can we do this safely? How can we assess a risk?