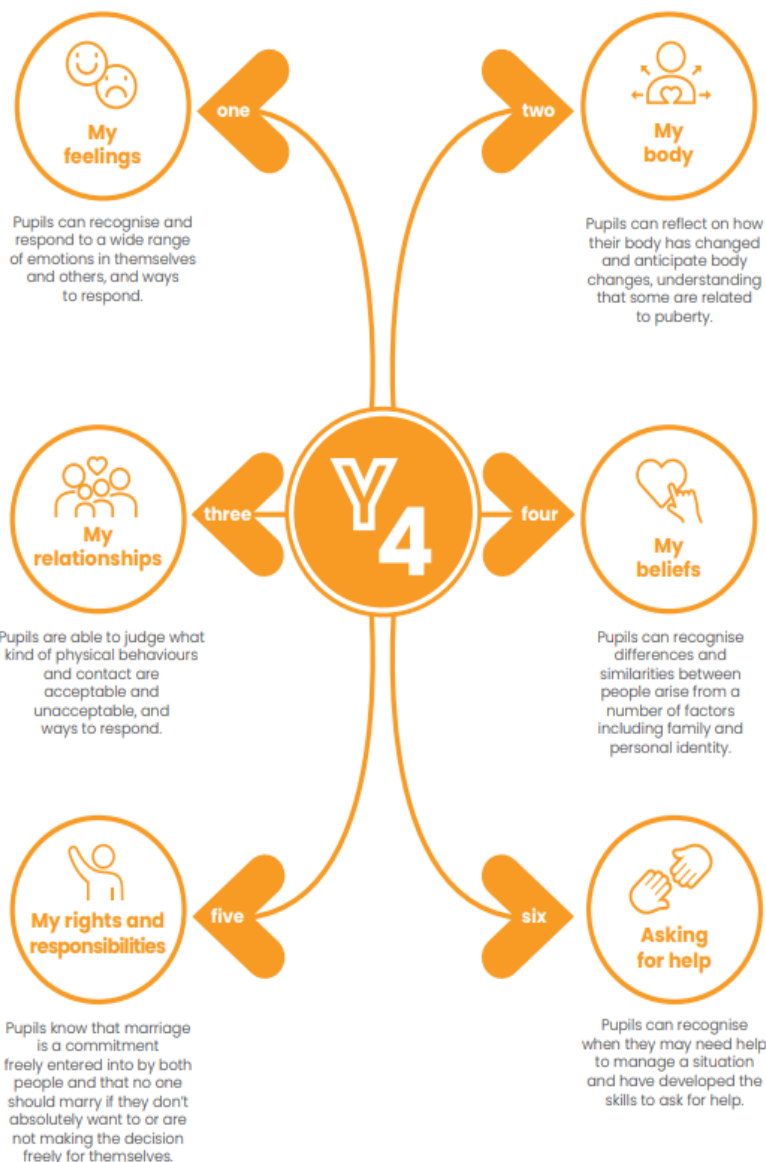




Key Vocabulary

emotions
empathy
foetus
puberty
public
private
similar
different
identity
marriage
arranged marriage
forced marriage
peer pressure



RSHE in Year 4

Lesson one: My feelings



Lesson aim:

Pupils can recognise and respond to a wide range of emotions in themselves and others, and ways to respond.



Learning outcomes:

- I can recognise a wide range of emotions, and identify factors that affect emotions
- I have considered strategies to help manage my emotions
- I have thought about ways to recognise and respond to other people's emotions

Lesson two: My body



Lesson aim:

Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty.



Learning outcomes:

- I know how a baby develops
- I know how a baby is born
- I know how my body has changed so far and how it might change in the future

Lesson three: My relationships



Lesson aim:

Pupils are able to judge what kind of physical behaviours and contact are acceptable and unacceptable, and ways to respond.



Learning outcomes:

- I can recognise that some things can be done in public and some things should only be done in private
- I have thought about different types of touch within relationships and how to respond
- I have thought about types of behaviours within relationships and how to respond



RSHE in Year 4

Lesson four: My beliefs



Lesson aim:

Pupils recognise differences and similarities between people arise from a number of factors including family and personal identity.



Learning outcomes:

- I know everyone is both similar and different to other people
- I have thought about my family and how it is unique and special to me
- I have identified some of the things that make me who I am and can celebrate these

Lesson five: My rights and responsibilities



Lesson aim:

Pupils know that marriage is a commitment freely entered into by both people and that no one should marry if they don't absolutely want to or are not making the decision freely for themselves.



Learning outcomes:

- I understand what marriage is and why this is something special between two people
- I have explored the reasons why some people choose not to get married
- I know that marriage should always be a choice

Lesson six: Asking for help



Lesson aim:

Pupils can recognise when they may need help to manage a situation and have developed the skills to ask for help.



Learning outcomes:

- I can recognise situations that I will need help to manage
- I know who I can ask for help
- I have practiced asking for help