

## PSHE Framework: Year 4/5 Year B

<p><b>Unit 1</b></p>	<p><b>Myself and My Relationships</b></p> <p><b>Establishing Everyday Excellence</b></p> <p>My Emotions 5/6</p>	<ul style="list-style-type: none"> <li>• How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing?</li> <li>• What does it mean to have a 'strong sense of identity' &amp; 'self-respect'?</li> <li>• What can I do to boost my self-respect? RR • How do I manage strong emotions?</li> <li>• How can I judge if my own feelings and behaviours are appropriate &amp; proportionate?</li> <li>• How do I recognise how other people feel and respond to them?</li> <li>• What is loneliness and how can we manage feelings of isolation?</li> <li>• How common is mental ill health and what self-care techniques can I use?</li> <li>• How and from whom do I get support when things are difficult?</li> </ul>
<p><b>Unit 2</b></p>	<p><b>Myself and My Relationships</b></p> <p>Anti - Bullying 3/4</p> <p>Some objects to be covered in Anti bullying week</p> <p><b>Healthy and Safer Lifestyles</b></p> <p>Relationships and Sex Education –</p> <p>Links to Science Reproductive Cycles Is this animals including Humans</p>	<ul style="list-style-type: none"> <li>• How are falling out and bullying different?</li> <li>• How do people use power when they bully others?</li> <li>• What are the key characteristics of different types of bullying?</li> <li>• How can lack of respect and empathy towards others lead to bullying?</li> <li>• What is the difference between direct and indirect forms of bullying?</li> <li>• What are bystanders and followers and how might they feel?</li> <li>• Do I understand that bullying might affect how people feel for a long time?</li> <li>• How can I support people I know who are being bullied by being assertive?</li> <li>• How does my school prevent bullying and support people involved?</li> </ul> <p>Year 4</p> <ul style="list-style-type: none"> <li>• What are the main human life cycles (Science)</li> <li>• How did I begin? (Sex Ed non statutory)</li> <li>• What does it mean to be 'grown up'?</li> <li>• What am I responsible for now and how will this change?</li> <li>• How do different caring, stable, adult relationships create a secure environment for children to grow up?</li> </ul> <p>Problems with periods are sometimes helped with medication</p> <p>Year 5•</p> <ul style="list-style-type: none"> <li>• What are male and female sexual parts called and what are their functions?</li> <li>• How can I talk about bodies confidently and appropriately?</li> <li>• What happens to different bodies at puberty? (including problems with periods are sometimes helped with medication)</li> <li>• What might influence my view of my body?</li> <li>• How can I keep my growing and changing body clean?</li> <li>• How can I reduce the spread of viruses and bacteria?</li> </ul>
<p><b>Unit 3</b></p>	<p><b>Healthy and safer lifestyles</b></p>	<ul style="list-style-type: none"> <li>• When am I responsible for my own safety as I get older and how can I keep others safer?</li> </ul>

	<p>Managing Safety and Risk 5 / 6</p>	<ul style="list-style-type: none"> <li>• How can I safely get the attention of a known or unknown adult in an emergency?</li> <li>• Can I carry out basic first aid in common situations, including head injuries?</li> <li>• How can being outside support my wellbeing &amp; how do I keep myself safe in the sun?</li> </ul>
	<p>Healthy and safer lifestyles 5/6 Digital Lifestyles  Links to internet safety week</p>	<ul style="list-style-type: none"> <li>• What are some examples of how I use the internet, the services it offers, and how do I make decisions?</li> <li>• What are the principles for my contact and conduct online, including when I am anonymous?</li> <li>• How can I critically consider my online friendships, contacts and sources of information, and make positive contributions?</li> </ul>
<p>Unit 4</p>	<p>Healthy and safer lifestyles Healthy Lifestyles 5/6</p>	<ul style="list-style-type: none"> <li>• How does physical activity help me &amp; what might be the risks of not engaging in it?</li> <li>• What could characterise a balanced or unbalanced diet and what are the associated benefits and risks?</li> <li>• What are the different aspects of a healthy lifestyle and how could I become healthier?</li> <li>• What might be the signs of physical illness and how might I respond?</li> <li>• What are the benefits and risks of spending time online/on electronic devices, in terms of my physical and mental health?</li> <li>• Why are online apps and games age restricted?</li> </ul>