



RSE and PSHE lesson overview per year group

YEAR 4	
Family and relationships	
Lesson 1	Introduction to RSE and setting ground rules
Lesson 2	Respect and manners
Lesson 3	Healthy friendships - physical and emotional boundaries
Lesson 4	How my behaviour affects others
Lesson 5	Bullying - the effects of bullying and the responsibility of the bystander
Lesson 6	Stereotypes - in fictional characters
Lesson 7	Stereotypes - negative effects of
Lesson 8	Families in the wider world - respecting differences
Lesson 9	Change and loss - bereavement
Safety and the changing body	
Lesson 1	Internet safety - age restrictions
Lesson 2	Internet safety - share aware
Lesson 3	Basic first aid - asthma
Lesson 4	Privacy and secrecy - the difference between the two
Lesson 5	Consuming information online - being a discerning consumer of online information
Lesson 6	Growing up - that the changes from being a child to an adult is called puberty
Lesson 7	Introduction to puberty
Lesson 8	<i>(vocabulary: breasts, genitals, penis, testicles)</i> Tobacco - the risks of smoking
Health and wellbeing	
Lesson 1	Looking after our teeth
Lesson 2	Relaxation - visualisation
Lesson 3	Celebrating mistakes
Lesson 4	My role - my strengths and helping others
Lesson 5	My happiness
Lesson 6	Emotions
Lesson 7	Mental health

Citizenship	
Lesson 1	What are human rights?
Lesson 2	Caring for the environment
Lesson 3	Community
Lesson 4	Contributing
Lesson 5	Diverse communities
Lesson 6	Local councillors
Economic wellbeing	
Lesson 1	Spending choices
Lesson 2	Keeping track of money
Lesson 3	Looking after money
Lesson 4	Influences on career choices
Lesson 5	Jobs for me
Transition	
Lesson 1	Transition lesson