

PSHE Overview

Year 4

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Linden Learners	Family and Relationships	Health and Well-Being	Economic Well-being	Citizenship	Safety and the Changing Body
Well-Being	Discover: Resilience		Take notice: My thoughts	Contact: Pen pals	Give: Giving to my community	Move: Making a beat
Lesson 1	What are our Linden Rules and Linden values?	Respect and manners	Looking after our teeth	What is the value for money	What are human rights?	Internet safety: Age restrictions
Lesson 2	How can we use talk successfully in the classroom?	Healthy friendships	Celebrating mistakes	What ways are there to look after money	Caring for the environment	Share aware
Lesson 3	How can we regulate our emotions?	Bullying	My happiness	What influences career choices?	Diverse communities	Privacy and secrecy
Lesson 4	Kapow Well-Being Y4 Lesson 1 Discover: Resilience	Stereotypes: Disability	Emotions			Growing up
Lesson 5		Change and loss	Mental health			Introducing puberty
Lesson 6						Tobacco