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|  **Year 4 – *PSHE* – Autumn one** |
| What should I already know? | What am I going to learn in this unit? | Vocabulary I need to know |
| Relationships:* I can explain how to treat others and how to be treated politely.
* I can identify ways people show respect and courtesy in different cultures and in wider society.

Living in the wider world:* I can explain what a personal goal is.
* I can identify my own personal goal.
* I can explain why setting a personal goal is good for my mental health.

Health and wellbeing: * I can recognise how feelings can be expressed (words, actions and body language).
* I can recognise that feelings can change overtime and become more or less powerful.
* I explain how to manage risk in everyday situations.
* I can identify an exit strategy I could use in a risky situation that I do not feel comfortable with.
 | Relationships:* I can identify qualities that make a positive friendship.
* I can explain what to do/who to talk to if a friendship is making me feel unsafe or unhappy.
* I can explain how positive qualities can build a strong, positive friendship.

Living in the wider world:* I can explain what a community is.
* I can identify features of a community.

Health and wellbeing: * I can explain what a balanced healthy lifestyle means.
* I can explain why it is important to have a balanced lifestyle for both our physical and mental health
* I can identify one way to treat myself if I became ill.
 | Positive  | Something that is good or wanted.  |
| Quality  | A characteristic of something or someone.  |
| Community  | A group of people who have the same things in common such as interests or where they live.  |
| Physical health  | The normal functioning of the body. |
| Mental health  | A person’s emotional wellbeing.  |
| Balanced  | Equal proportions of something, not too much or too little.  |
| Healthy  | Showing good mental and physical wellbeing.  |