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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. |