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|  **Year 4 – *PSHE* – Autumn two** |
| What should I already know? | What am I going to learn in this unit? | Vocabulary I need to know |
| 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.
 | Relationships:* I can explain how knowing someone online is different from knowing someone face to face.
* I can identify risks in communicating with someone I don’t know.
* I can identify ways to communicate respectfully.
* I can explain what to do if I am worried about any contact online.
* I can identify the difference between playful teasing, hurtful behaviour and bullying, including online.
* I can explain how to respond if I see or experience hurtful behaviour or bullying, including online.

Living in the wider world:* I can explain what a community is.
* I can identify a community I belong to.
* I can identify how a community can be strong.

Health and wellbeing: * I can explain how to brush and floss my teeth correctly.
* I can explain the importance of regular visits to the dentist.
* I can explain the effects of different foods and drinks on dental health.
 | Communicate  | Share or exchange information.  |
| Report  | To tell someone about something that has been seen or heard  |
| Risk | A situation which  |
| Community  | A group of people who have the same things in common such as interests or where they live.  |
| Belong  | To be a member of. |
| Hygiene  | Routines/things we do to try and keep good health |
| Dental  | Teeth.  |