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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. |