

**PSHE Progression of skills - Year 4**

Health and Well-being	Relationships	Living in the wider world
<p>To recognise personal qualities and individuality.</p> <p>To develop self-worth by identifying positive things about themselves and their achievements.</p> <p>To understand how their personal attributes, strengths, skills and interests contribute to their self-esteem.</p> <p>To know how to set goals for themselves.</p> <p>To know how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking.</p> <p>To learn how everyday things can affect feelings.</p> <p>To know how feelings change over time and can be experienced at different levels of intensity.</p> <p>To learn the importance of expressing feelings and how they can be expressed in different ways.</p> <p>To know how to respond proportionately to, and manage, feelings in different circumstances.</p> <p>To understand ways of managing feelings at times of loss, grief and change.</p> <p>To know how to access advice and support to help manage their own or others' feelings.</p> <p>To learn about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams.</p> <p>To know how puberty can affect emotions and feelings.</p> <p>To learn how personal hygiene routines change during puberty.</p>	<p>To understand how people's behaviour affects themselves and others, including online.</p> <p>To know how to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return.</p> <p>To learn about the relationship between rights and responsibilities.</p> <p>To know about the right to privacy and how to recognise when a confidence or secret should be kept (such as a nice birthday surprise everyone will find out about) or not agreed to and when to tell (e.g. if someone is being upset or hurt).</p> <p>To understand the rights that children have and why it is important to protect these.</p> <p>To know that everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination.</p> <p>To know how to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) - how to report concerns.</p>	<p>To know that people have a shared responsibility to help protect the world around them.</p> <p>To understand how everyday choices can affect the environment.</p> <p>To know that what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity).</p> <p>To develop the skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues.</p> <p>To learn how to show care and concern for others (people and animals).</p> <p>To understand how to carry out personal responsibilities in a caring and compassionate way.</p>

<p>To know how to ask for advice and support about growing and changing and puberty.</p> <p>To understand how to recognise, predict, assess and manage risk in different situations.</p> <p>To learn how to keep safe in the local environment and less familiar locations (e.g. near rail, water, road; fire/firework safety; sun safety and the safe use of digital devices when out and about).</p> <p>To know how people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage this influence.</p> <p>To know how people's online actions can impact on other people.</p> <p>To know to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online.</p> <p>To know how to report concerns, including about inappropriate online content and contact.</p> <p>To understand that rules, restrictions and laws exist to help people keep safe and how to respond if they become aware of a situation that is anti-social or against the law.</p>		
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