

Slingsby CP PSHE & RSE Scheme of Work 2020  
Year 4

| NYCC Outcomes                                                                                                                                                                                                                               | Slingsby CP Outcomes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <b>Me and my relationships</b>                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| I feel good about myself and my body and having an understanding of how the media presents 'body image'.                                                                                                                                    | I feel good about myself and my body.<br>I have an understanding of how the media presents 'body image'.                                                                                                                                                                                                                                                                                                                                                                                                                 |
| I understand that my body and emotions will change as I grow older and I know the importance of taking care of my own body.                                                                                                                 | I understand that my body will change as I get older.<br>I understand that my emotions will change as I grow older.<br>I can identify ways of taking care of my own body.<br>I know the importance of taking care of my own body.                                                                                                                                                                                                                                                                                        |
| I can recognise what love is and understand that marriage / civil partnerships represent a legally recognised commitment freely entered into by two people.                                                                                 | I can explain what love is.<br>I know that that marriage / civil partnerships represent a legally recognised commitment freely entered into by two people.                                                                                                                                                                                                                                                                                                                                                               |
| I know that there are different kinds of families and Partnerships (includes same sex) and I understand the importance of stable, loving and caring relationships.                                                                          | I know that there are different kinds of families and partnerships (includes same sex).<br>I can identify the importance of stable, loving and caring relationships.                                                                                                                                                                                                                                                                                                                                                     |
| I can demonstrate the features of good healthy friendship both on and offline and have the skills to manage a falling out.                                                                                                                  | I can demonstrate the features of good healthy friendship both online and offline.<br>I have the skills to manage falling out.                                                                                                                                                                                                                                                                                                                                                                                           |
| I can name people who look after me, my networks and who to go to if I am worried about anything on or offline and how to attract their attention.                                                                                          | I can name people who look after me.<br>I can name trusted adults.<br>I know that I should go to these trusted adults if I am worried about anything online or offline.<br>I know how to attract the attention of a trusted adult if I am worried about anything online or offline.                                                                                                                                                                                                                                      |
| I can respond appropriately to other people's feelings.                                                                                                                                                                                     | I can respond appropriately to other people's feelings.                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| I can recognise my worth as an individual and the worth of other people.                                                                                                                                                                    | I can recognise my worth as an individual.<br>I can recognise the worth of other people.                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Keeping myself safe</b>                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| I can describe what risk means to me both on and offline.                                                                                                                                                                                   | I can describe what risk means to me both online and offline.                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| I can take responsibility for my own behaviour and safety and realise that actions have consequences both on and offline.                                                                                                                   | I can take responsibility for my own behaviour.<br>I can take responsibility for my own safety.<br>I realise that my actions have consequences both online and offline.                                                                                                                                                                                                                                                                                                                                                  |
| I can recognise, predict and assess risk, relating to myself and others and know how to get help (includes risks in the home, road, farm, water, rail, online, electricity and personal safety) and I know how to call 999 in an emergency. | I can recognise risk (home, road, farm, water, rail, online, electricity and personal safety).<br>I can predict what might happen if I enter into something risky (home, road, farm, water, rail, online, electricity and personal safety).<br>I can assess risk, relating to myself and others (home, road, farm, water, rail, online, electricity and personal safety).<br>I know how to get help (home, road, farm, water, rail, online, electricity and personal safety).<br>I know how to call 999 in an emergency. |

## Slingsby CP PSHE & RSE Scheme of Work 2020

### Year 4

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| I have some effective strategies to cope with peer influence and peer pressure both on and offline.                                                                                                                                                                                         | I have some effective strategies to cope with peer influence and peer pressure both online and offline.                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| I know the internet has many benefits but I know I need to balance my time spent on and offline and adhere to the age rating of social media and computer games.                                                                                                                            | I can explain why spending too much time using technology can sometimes have a negative impact on anyone, e.g. mood, sleep, body, relationships.<br>I can give some examples of both positive and negative activities where it is easy to spend a lot of time engaged (e.g. doing homework, games, films, videos).<br>I can explain why some online activities have age restrictions, why it is important to follow them and know who I can talk to if others pressure me to watch or do something online that makes me feel uncomfortable (e.g. age restricted gaming or web sites). |
| I know that not everything on the internet is true and know what to do if I access something that makes me unhappy or uncomfortable I understand the need to keep some information private in order to protect myself when communicating online and I can implement strategies to do this.  | I know that not everything on the internet is true.<br>I know what to do if I access something on the internet that makes me feel unhappy or uncomfortable.<br>I understand the need to keep some information private in order to protect myself when communicating online.<br>I can implement strategies to keep myself safe online.                                                                                                                                                                                                                                                 |
| I recognise how online communications (including from friends) may be used for manipulation or persuasion and I have ways of managing this.                                                                                                                                                 | I recognise how online communications (including from friends) may be used for manipulation or persuasion.<br>I have ways of managing a situation where I feel that I be being manipulated or persuaded.                                                                                                                                                                                                                                                                                                                                                                              |
| I know how to recognise and display respectful behaviour online.                                                                                                                                                                                                                            | I know how to recognise and display respectful behaviour online.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>My healthy lifestyle</b>                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| I can identify some factors (positive and negative) that affect physical, mental and emotional health e.g. relationships with family and friends, stress levels, physical activity, diet, self-image, media, online and have started to develop ways of counteracting the negative factors. | I can identify some factors (positive and negative) that affect physical, mental and emotional health e.g. relationships with family and friends, stress levels, physical activity, diet, self-image, media, online.<br>I have started to develop ways of counteracting the negative factors.                                                                                                                                                                                                                                                                                         |
| I understand what is meant by a healthy diet (including understanding calories, and nutritional content)                                                                                                                                                                                    | I understand what is meant by a healthy diet (including understanding calories, and nutritional content).                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| I can make informed choices about healthy eating and exercising                                                                                                                                                                                                                             | I can make informed choices about healthy eating.<br>I can make informed choices about exercising.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| I understand safe and unsafe exposure to the sun, and how to reduce the risk of sun damage                                                                                                                                                                                                  | I can explain what is safe and unsafe exposure to the sun.<br>I know that to reduce the risk of sun damage I should wear sun cream, a sunhat and stay in the shade when the sun is very hot.                                                                                                                                                                                                                                                                                                                                                                                          |
| I understand a range of feelings and how these make me feel both emotionally and physically                                                                                                                                                                                                 | I can identify a range of feelings.<br>I know how these make me feel emotionally.<br>I know how these make me feel physically.                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| I have a range of strategies for managing and                                                                                                                                                                                                                                               | I have a range of strategies for managing and controlling strong feelings and emotions.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

Slingsby CP PSHE & RSE Scheme of Work 2020  
Year 4

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| controlling strong feelings and emotions                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| I can respond appropriately to other people's feelings                                                                                                                      | I can respond appropriately to other people's feelings.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| I can recognise my worth as an individual and the worth of other people                                                                                                     | I can recognise my worth as an individual.<br>I can recognise and the worth of other people.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>Me and My future</b>                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| I can demonstrate how to look after and save money<br>I can begin to develop an understanding that people have different financial circumstances                            | I can explain the importance of money in people's lives.<br>I can explain different ways of keeping track of money and why this is important.<br>I can identify ways in which people manage their money (e.g. saving, budgeting, being careful about spending money, choosing items that are 'good value').<br>I can identify situations where someone might want or need to 'save' or 'borrow' money.<br>I can explain what is meant by 'interest' in relation to saving and borrowing.<br>I can identify what would help someone decide whether to 'save' or 'borrow' money for something they need/want.<br>I can describe some of the feelings someone might have about doing this. |
| I can begin to understand the different values and attitudes that people have with regard to money.                                                                         | I can begin to understand the different values and attitudes that people have with regard to money.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| I recognise the range of jobs carried out by people they know                                                                                                               | I recognise the range of jobs carried out by people I know.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| I can explain how I will develop skills for work in the future                                                                                                              | I can explain how I will develop skills for work in the future                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| I am aware that the learning choices I make will affect my future options.                                                                                                  | I am aware that the learning choices I make will affect my future options.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| I can identify my strengths, areas for improvement and set high aspirations and goals                                                                                       | I can identify my strengths and areas for improvement.<br>I can set high aspirations and goals.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| I can identify positive achievements during my time in Year 4                                                                                                               | I can identify positive achievements during my time in Year 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| I can identify my strengths, areas for improvement and set myself some goals for Year 5                                                                                     | I can identify my strengths, areas for improvement and set myself some goals for Year 5.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Becoming an active citizen</b>                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| I can acknowledge that others have different points of view both on and offline                                                                                             | I can describe what it means to listen well to others.<br>I can explain why it is important to consider other people's point of view.<br>I can recognise that it is important to take other people's feelings into consideration before responding to a point of view, especially if we don't agree.<br>I can identify ways to constructively challenge other peoples' points of view.                                                                                                                                                                                                                                                                                                  |
| I know why and how rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules in school | I know why and how rules and laws are made.<br>I know how rules and laws are enforced.<br>I know why different rules are needed in different situations.<br>I know how to take part in making and changing rules in school.                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

## Slingsby CP PSHE & RSE Scheme of Work 2020

### Year 4

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| I can recognise aggressive and anti-social behaviours both on and offline such as bullying and discrimination and their effects on individuals and communities, such as travellers, migrants and asylum seekers | I can recognise aggressive and anti-social behaviours both online and offline.<br>I know that bullying and discrimination can affect individuals and communities, such as travellers, migrants and asylum seekers.                                                                                                                                                                                                                                                               |
| I can begin to respond to, or challenge, negative behaviours both on and offline such as stereotyping, homophobia, transphobia and biphobia and racism.                                                         | I know that negative behaviours can be in the form of stereotyping, homophobia, transphobia and biphobia and racism.<br>I can begin to respond to, or challenge these negative behaviours both online and offline.                                                                                                                                                                                                                                                               |
| I understand that to resolve differences I need to respect other people's point of view and respect their decisions but be able to explain my choices and viewpoints                                            | I understand that to resolve differences I need to respect other people's point of view.<br>I need to respect other people's points of view and decisions.<br>I can explain my own choices and viewpoints.                                                                                                                                                                                                                                                                       |
| I understand how my choices may impact on the environment.                                                                                                                                                      | I can explain how the environment provides resources needed by humans (for electricity, heating, food, paper, fuel etc).<br>I can recognise that there is limited supply of the earth's resources and the importance of sustainability.<br>I can identify and explain my own environmental responsibilities and the difference this can make.<br>I can recognise how resources are shared across communities and the affects this can have on the communities / the environment. |
| I can describe the values of the school and know why they are important.                                                                                                                                        | I can list the values of the school.<br>I can explain why they are important.                                                                                                                                                                                                                                                                                                                                                                                                    |
| I can describe the 'British Values' and give examples of what they mean in school and in society                                                                                                                | I can describe the 'British Values'.<br>I can give examples of what 'British Values' mean in school.<br>I can give examples of what 'British Values' mean in society.                                                                                                                                                                                                                                                                                                            |
| I can demonstrate respect and tolerance both on and Offline towards people different from my themselves                                                                                                         | I can demonstrate respect and tolerance both online and offline towards people different from myself.                                                                                                                                                                                                                                                                                                                                                                            |
| I understand what being resilient means to me and I have strategies I can use.                                                                                                                                  | I understand what being resilient means to me.<br>I can list my strategies I can use if I need to be resilient.                                                                                                                                                                                                                                                                                                                                                                  |
| I can identify positive things about myself, recognise some of my mistakes and learn from them.                                                                                                                 | I can identify positive things about myself.<br>I can recognise some of my mistakes.<br>I can explain how I have learnt from my mistakes.                                                                                                                                                                                                                                                                                                                                        |
| I can make some changes quickly and easily but also understand that some changes are hard and can take a long time.                                                                                             | I can make some changes quickly and easily.<br>I know that some changes are hard and can take a long time.                                                                                                                                                                                                                                                                                                                                                                       |