

## Year 4 - Me and My Relationships

### Key questions

#### Recognising Feelings

Can you tell how someone is feeling by looking at them? How?

What is body language?

What body language tells you that a person is worried? How?

Are all feelings shown by body language?

#### Bullying

What is the difference between bullying and teasing?

What can someone do to help themselves if someone upsets them or is bullying them?

How can you help someone else who is upset?

Can you help someone who is being bullied? How?

#### Assertive Skills

What is being assertive?

Are there different ways to be assertive? How?

When would someone need to be assertive? Why?

### Key vocabulary

ignored delighted teasing  
calm confident feelings  
compromise body language  
emotions frightened excluded  
collaborate pressure  
bullying joyful excited  
respectful scared  
alone worried lonely

### I can ...

I can give a lot of examples of how I can tell a person is feeling worried just by their body language.

I can say what I could do if someone was upsetting me or if I was being bullied.

I can explain what being 'assertive' means and give a few examples of ways of being assertive.

## Year 4 - Valuing Difference

### Key questions

#### **Recognising and Celebrating Difference (Incl Religions and Cultural Difference)**

How are people different, besides  
how they look?

Does being different cause  
problems? Why?

Can people being different be  
positive? Why?

#### **Understanding and Challenging Stereotypes**

How do we label people?

Why do we label people?

What is a stereotype?

How does someone feel if they  
have been labelled?

Does labelling someone change  
them or affect them?

Why is it important to challenge  
stereotyping?

### Key vocabulary

challenge labelled confidence  
stereotype negotiate  
unique positive compromise  
label prejudice differences  
invade similarities respect

### I can ...

I can say a lot of ways that people  
are different, including religious or  
cultural differences.

I can explain why it's important to  
challenge stereotypes that might be  
applied to me or others.

## Year 4 - Keeping Safe

### Key questions

#### Managing Risk

What might influence someone to take risks?

Do people have a choice whether they take a risk?

What can a person do to reduce risk or remove risk in a situation?

#### Understanding the Norms of Drug Use (Cigarette and Alcohol Use)

Do most young people choose to smoke or not smoke?

Do all adults choose to drink alcohol?

Why do most people choose not to smoke or drink too much alcohol?

Is smoking and alcohol more harmful for a young person's body?

Why?

#### Influences

What can influence someone's behaviour and decisions?

What is a positive influence?

What is a negative influence?

Can the consequences of decisions be positive or negative? How?

### Key vocabulary

hazard risky liver  
decisions choices danger  
situation influence alcohol  
consequences lungs brain  
dare drug harmful  
cigarettes vapes shared  
e-cigarettes downloaded

### I can ...

I can give examples of people or things that might influence someone to take risks (e.g. friends, peers, media, celebrities), but that people have choices about whether they take risks.

I can say a few of the risks of smoking or drinking alcohol on a person's body and give reasons for why most people choose not to smoke, or drink too much alcohol.

I can give examples of positive and negative influences, including things that could influence me when I am making decisions.

## Year 4 - Rights and Respect

### Key questions

#### **Making A Difference (Different Ways of Helping Others or the Environment)**

Can one person make a difference to the environment?

Do the actions of one person affect lots of people?

Can a bystander have a positive effect on negative behaviour?

How? What is an active bystander?

How can someone be an active bystander?

#### **Media Influence**

Is everything in the media true?

Are there always two sides to a story?

Can media reports influence people? How?

#### **Decisions About Spending Money**

What choices and decisions do we make about spending money?

How do decisions about money affect groups in the community?

### Key vocabulary

anti-social behaviour media

United Nations rights

spending reduce influence

environment public services

income tax negative recycle

essential actions positive

community responsibility reuse

volunteer School Council

### I can ...

I can explain how a 'bystander' I can have a positive effect on negative behaviour they witness (see happening) by working together to stop or change that behaviour.

I can explain how these reports (TV, newspapers or their websites) can give messages that might influence how people think about things and why this might be a problem.

I can give examples of these decisions and how they might relate to me.

## Year 4 - Being My Best

### Key questions

**Having Choices and Making Decisions About My Health** What choices help to keep me healthy? Why is it important to look after my health now?

Why is it important to look after myself in the future?

**Taking Care of My Environment**

What different things do I do to look after our environment?

Why is it important to look after our environment?

How does this affect our future?

### Key vocabulary

accident emergency affect  
balanced diet recycle breathing  
community repair reduce  
creative give to others  
injury exercise choices  
wound mental health active  
first aid repair connect  
future choking reuse  
wellbeing be mindful

### I can ...

I can give a few examples of different things that I do already that help to me keep healthy.

I can give different examples of some of the things that I do already to help look after my environment.

## Year 4 - Growing and Changing

### Key questions

#### Body Changes During Puberty

What parts of the body are the same for girls and boys?

What parts of the body are different for girls and boys?

How do some parts of the body change during puberty?

#### Menstruation

What is menstruation?

What happens when the human egg is not fertilised?

Which parts of a woman's body are involved in menstruation?

**Managing Difficult Feelings** What feelings might someone have during puberty?

Why might someone have difficult feelings during puberty?

What are good ways to compromise?

#### Relationships, Including Marriage

Why do some people choose to get married?

Who can get married and how old do they need to be?

Why do some people choose to have a civil ceremony?

Why do some people choose to live together?

### Key vocabulary

breasts testicles womb choice  
civil partnership sperm enjoy penis  
hormones pubic hair  
periods marriage love puberty  
live together civil partnership  
uncomfortable feelings  
menstruation vagina vulva  
compromise share ovaries  
wet dreams lining

#### I can ...

I can label some parts of the body that only boys have and only girls have.

I can list some of the reasons why a teenager might have these difficult feelings (e.g. conflict with parents).

I can tell you why people get married.

I can tell you what happens to the woman's body when the egg isn't fertilised, recognising that it is the lining of the womb that comes away.

Knowledge  
Organiser

