

PSHCE in Year 4:

Being Me:

- I can explain why being listened to and listening to others is important.
- I can explain why democracy is important.

Celebrating Difference:

- I can tell you how first impressions can change.
- I can say why bullying might be difficult to spot.
- I can explain why it is good to accept myself and others for who we are.

Dreams, Goals and Aspirations:

- I can plan and set new goals even after a disappointment.
- I can explain what it means to be resilient and to have a positive attitude.

Healthy Me:

- I can recognise when people are putting me under pressure and how to resist this.
- I can identify feelings of anxiety and fear associated with peer pressure.

Relationships:

- I can give ways that might help me manage my feelings when I am missing a special person or animal.

Changing Me:

- I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.
- I can explain some of the choices I might make in the future and some of the choices that I can't control.

