Year 4 – Oak

	Lesson 1 9:15 – 9.45	Lesson 2 9.45 – 10.45	Lesson 3 11 – 12	Lesson 4 1 – 2	Lesson 5 2 - 3
Autumn 1					
How do we treat each other with respect?	How does our behaviour affect themselves and others? Including online.	What is privacy? When should secrets be kept?	What are our rights as children? How can we protect these?	Why is it important that everyone feels respect and not discriminated against?	How should aggressive and inappropriate behaviour be responded to? How can you report concerns?
Autumn 2					
What strengths, skills and interests do we have?	What are our personal qualities? How do we recognise individuality?	What is self-worth? How do we develop self-worth?	How do our personal attributes, strengths and skills contribute to self-esteem?	Setting goals for ourselves – what is the best way to do this?	Managing setbacks – How can we learn from our mistakes?
Spring 1					
How do our choices effect the environment?	Do people have a shared responsibility to protect the world around them?	How do our choices affect the environment?	Does what we chooses to buy affect others of the environment? (fair trade, palm oil, single use plastic)	How should we show concern and care for others (inc animals)?	Choose, research and discuss a topical issue.
Spring 2					
How can we manage our feelings?	How do everyday thigs affect how we are feeling?	Does the way we feel change over time? Do feelings have levels of intensity?	Expressing our feeling – why is it important and how can we do it?	Managing feeling in different situations – How can we ensure we respond proportionately?	How can we manage our feelings at times of loss, grief and change? Who can we talk to?
Summer 1					
How will we grow and change?	Puberty – How do our bodies and bodily functions change> (menstruation, menstrual wellbeing, erections and wet dreams)		How does puberty affect our emotions?	During puberty what routines do we need to change to ensure we are being hygienic?	Who can we talk to for advice and support during puberty?
Summer 2					
How can we manage risk in different places? Inc the online world	How do we predict, recognise and manage risk in our environment?	Can we ensure safety in our local environment or less familiar locations? How?	How do we keep safe online and recognise what to share?	How does our behaviour online impact others?	What rules, restrictions and laws exist to keep us safe? Local and wider.