**Becoming a School Citizen**

Understand who is my school community, their roles and how I fit it.

Take on a role in a group and contribute to the overall outcvome.

**Becoming a Class Team**

Know my attitude and actions make a difference to the class team.

Know how good it feels to be included in a group and know how it feels to be excluded.

**Being Me In My World**

**Year 4 PSHRE**

**Rewards and consequences**

Understand my actions affect myself and others. Care about other people’s feelings and try to empathise with them.

Understand how rewards and consequences motivate people’s behaviour.

**Rights, Responsibilities and Democracy**

Understand how democracy works through the school council.

Recognise my contribution to making a learning charter for the whole school.

**Owning our Learning Charter (LC)**

Understand my actions affect others. See things from their point of view.

Choose to follow the LC.

**Our Learning Charter (LC)**

Understand how groups come together to make decisions.

Take on a role in a group and contribute.

**Special Me**

Identify what is special about me.

Value the ways in which I am unique.

Like and respect the unique features of my physical. appearance.

**Problem Solving**

Know why witnesses sometimes join in with bullying and don’t tell.

Problem solve a bullying situation with others.

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**Celebrating difference**

Tell you a time when my first impression of someone changed when I got to know them.

Explain why it is good to accept people for who they are.

**Understanding Bullying**

**Know that sometimes bullying is hard to spot.**

**Know what to do if I think it is going on but I’m not sure.**

**Know how it might feel to be a witness to and a target of bullying.**

**Understanding Influences**

Understand what influences me to make assumptions based on haw people look.

Question why I think what I do about other people.

**Judging by appearances**

Understand that sometimes we make assumptions based on what people look like.

Try to accept people for who they are.

**Celebrating Difference**

**Broken Dreams**

I understand that sometimes hopes and dreams do not come true and that this can hurt.

I know how disappointment feels and can identify when I have felt that way.

**Overcoming Disappointment**

I know that reflecting on positive and happy experiences can help me to counteract disappointment.

I know how to cope with disappointment and how to help others cope with theirs.

**Hopes and Dreams**

I can tell you about some of my hopes and dreams.

I know how it feels to have hopes and dreams.

Dreams

**Dreams and Goals**

**Year 4 PSHRE**

**We Did It!**

Identify the contributions made by myself and others to the groups achievement.

Know how to share in the success of a group.

**Achieving Goals**

I know how to work out steps to achieve a goal and can do this successfully as part of a group.

Enjoy being part of a group challenge

**Creating New Dreams**

I know how to make a new plan and set new goals even if I have been disappointed.

I know what it means to be resilient and to have a positive attitude.

**Healthy Friendships**

Recognise when people are putting me under pressure and know ways to resist this.

Identify feelings of anxiety andf fear associated with peer pressure.

**Alcohol**

Understand the facts about alcohol and its effects on health and why some people drink alcohol.

Recognise negative feelings in peer pressure situations and act assertively to resist pressure from myself and others.

**Smoking**

Understand the facts about smoking and its effects on health and also some of the reasons some people start to smoke.

Recognise negative feelings in peer pressure situations and act assertively to resist pressure from myself and others.

**Group Dynamics**

Understand there are people who take on the roles of leaders or followers in a group. I know the role I take on in different situations.

Be aware how different people in groups impact on me.

Recognise the people I most want to be friends with.

**Celebrating My Inner Strength**

To know what is right and wrong.

To tap into my inner strength and know how to be assertive.

**My Friends and Me**

Recognise how different friendship groups are formed and how I fit into them and the friends I value most.

Identify the feelings about my friends/groups.

**Healthy Me**

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**Love and Loss**

Identify someone I love and why they are special to me.

Know how most people feel when they lose someone or something they love.

**Jealousy**

Recognise situations which can cause jealousy in relationships.

Identify feelings associated with jealousy and suggest strategies to problem solve when this happens.

**Relationships**

**Year 4 PSHRE**

**Getting On and Falling Out**

Recognise how friendships change, how to male new friends and how to manage when I fall out with my friends.

Know how to stand up for myself and how to negotiate and compromise.

**Celebrating my Relationships with People and Animals**

Know how to show love and appreciation to the people and animals who are special to me.

I can love and be loved.

**Memories**

Tell you about someone I know that I no longer see.

Understand that we can remember people even if we no longer see them.

**Accepting Change**

Identify changes that have been and may continue to be outside of my control that I have learnt to accept.

Accept my fears and concerns about changes that are outside of my control. Manage these feelings positively.

**Circle of Change**

Know how the circle of change works and can apply it to changes I want to make in my life.

I am confident enough to make changes when I think they will benefit me.

**Looking Ahead**

Identify what I am looking forward to when I move to a new class.

Reflect on the changes I would like to make next year and describe how I would like to go about this.

**Unique Me**

Understand that some of my personal characteristics have come from my birth parents.

I am a truly unique human being.

**Changing Me**