



PSHE in Year 4 at Plymouth Grove

PSHE (Personal, Social, Health and Economic) education is a crucial part of a child's education. It gives children access to information about themselves and the world around them, and encourages them to explore big ideas and conversations. At the heart of this, we encourage respect and understanding of the universal rights of the child, as set out in the UNCRC. We teach PSHE weekly, following the National Curriculum, and it is led by our class teachers.

Our curriculum is split into the three key themes of **Health and Wellbeing**, **Relationships** and **Living in the Wider World**. Every lesson, we will explore a question together - below, you can see an overview of what your child will be studying this year.

Health and Wellbeing	Relationships	Living in the Wider World
What is special about me? How can we value and celebrate differences? What goals do I have? How can I manage set-backs? What is self-esteem and why is it important? How can I express and manage feelings? What strategies can I use to manage my mental health? Where can I get support? What are drugs? How can I make safe choices around drugs and where can I get help? How can we recognise, predict and access risk? How can I keep safe in my local environment?	How can we show care, kindness and concern for others? When should I keep a secret? How should I respond if I am upset by someone else's inappropriate behaviour? What is peer pressure and how do I manage it? Why should we behave respectfully? How can we make sure everybody is included, respected and not discriminated against? When should I keep a secret? How should I respond if I am upset by someone else's inappropriate behaviour?	What rights do we have and how are they protected? How do our everyday choices affect the environment? What steps can we take to protect the environment? What issues are we concerned about? How can we help affect them in a positive way? What is campaigning? Why are there rules, restrictions and laws to keep us safe? What should I do if I become aware of something that is illegal?

We are happy to further discuss the PSHE curriculum - please see your child's teacher for more details.