

# Suggested long-term plan: RSE & PSHE

## Overview - Lower key stage 2

### Year 4

<p><b>Autumn 1</b></p>	<p>My healthy self: How can I make healthy choices?</p>	<p><b>Autumn 2</b></p>	<p><u>Connecting with others: How can we respect each other?</u></p> <p>7 lessons</p> <p>Understanding how trust, fairness and boundaries keep friendships healthy and practising how to respond assertively and respectfully when challenges or unkind behaviours arise.</p>
<p><b>Spring 1</b></p>	<p>The online world: How can I evaluate what I see online?</p>	<p><b>Spring 2</b></p>	<p>Citizenship: How can I spend my money wisely?</p>
<p><b>Summer 1</b></p>	<p><u>Growing up: How will my body and emotions change as I grow up?</u></p> <p>7 lessons</p> <p>Learning about the physical and emotional changes that occur during puberty, pupils recognise that these changes are normal and happen at different times for everyone.</p>	<p><b>Summer 2</b></p>	<p><u>Staying safe: What signs help me recognise what is safe or unsafe?</u></p> <p>7 lessons</p> <p>Developing understanding of hazards, risks and emergencies by exploring how to recognise unsafe situations and make informed choices to stay safe in different environments. Pupils investigate ways to reduce risk at home, outdoors, near water and roads before applying their knowledge to respond appropriately in emergency situations and seek help.</p>