



Curriculum Progression Map

St Mary and St Joseph's RC Primary School PSHE Progression Grid – Year 4



Health & Well Being		
Healthy Lifestyles	Growing & Changing	Keeping Safe
<ul style="list-style-type: none"> To Learn: About the consequences of choices (positive, neutral and negative) About what to include to make a diet 'balanced' About what influences their choices about food About the benefits of a eating a balanced diet How simple routines reduce the spread of bacteria and viruses About choices that promote health and wellbeing 	<ul style="list-style-type: none"> To Learn: About ways to celebrate achievements About personal strengths and how to develop them About feelings that are good and not so good How feelings can be managed – both their own and other peoples About the kinds of change they or family or friends have experienced How loss can come in many forms 	<ul style="list-style-type: none"> To Learn: About risk, danger and hazard About techniques to resist pressure How pressure is exerted and how it can be resisted To question someone else's beliefs when pupils feel they may be wrong or are making them feel uncomfortable About people who help them stay healthy and safe About ways that they can support these people About school rules for health and safety About where and how to get help About strategies that keep us safe About physical, emotional and online safety About the importance of personal safety
Relationships		
Feelings & Emotions	Healthy Relationships	Valuing Difference
<ul style="list-style-type: none"> To Learn: About appropriate responses to a wider range of feelings in others About the concept of keeping something confidential or secret How to recognise and manage dares 	<ul style="list-style-type: none"> To Learn: How to develop and maintain positive, healthy relationships About acceptable and unacceptable physical contact How to respond to unacceptable physical contact How to work collaboratively towards shared goals How our actions can affect ourselves and others About solving disputes and conflict through negotiation and appropriate compromise About different types of relationships 	<ul style="list-style-type: none"> To Learn: About differences and similarities between people About how to challenge stereotyping About the nature and consequences of hurtful behaviour and bullying About ways in which people may be discriminated against About recognising and caring about other peoples' feelings About respecting the views of others' and knowing when/how to challenge points of view when appropriate
Living in the wider world		
Rights & Responsibilities	Taking care of the environment	Money matters
<ul style="list-style-type: none"> To Learn: How to discuss and debate issues concerning health and wellbeing How to take part in making and changing rules That everyone has human rights and that some are specifically for children That human rights take precedence over other national laws, family and community practices that different cultures can have different practices and traditions and that these may sometimes be illegal 	<ul style="list-style-type: none"> To Learn: About topical issues, problems and events concerning health and wellbeing About taking care of the environment About being part of a community About different groups that support communities How other people live in different parts of the world About how resources are allocated and the effect this has on individuals and their communities 	<ul style="list-style-type: none"> To Learn: About the role of money in their own and others' lives About concepts related to money What it means to be 'enterprising'

- **About the consequences of anti-social behaviours**
- **About different kinds of responsibilities and rights**
- **About resolving differences**
- **About the range of national, regional, religious and ethnic identities in the UK**

- **About how the media present information**