Statutory RSHE | Economic Wellbeing & Careers

Year 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental health and wellbeing Building on the learning in year 3, this unit extends pupils' understanding of self-regulation strategies and explores factors that can support wellbeing.	**Exploring ways to manage risk** This unit explores assessing and managing risk in different contexts, and the role that peer influence can play in personal safety.	**Forming respectful relationships** This unit supports pupils to respond appropriately to conflicts and bullying, and to understand the importance of respect.	**Money matters and news literacy** This unit explores how attitudes and influences can impact decisions about money. It encourages pupils to critically engage with news stories and recognise how they might affect emotions.	**Me, my body and growing up** This unit focuses on the physical and emotional changes experienced during puberty, and builds pupils' confidence in using the Talk PANTS rule to keep safe.	**Families and growing together** This unit supports pupils' understanding of diverse family structures, and how families can change.
Suggested lessons: Foundations for Wellbeing – Y4 L1: Describing emotions L2: Understanding internal and external distractions L3: Exploring different thinking habits L4: Different ways to manage worries L5: Strategies for calm Change, loss and grief – Y3–4 L2: How do people manage change and loss?	Suggested lessons: Firework safety – KS2 L1: Firework safety Keeping safe at home – KS2 L1: Keeping safe at home Road and rail safety – KS2 L3: Independently crossing the road Exploring risk in relation to gambling – KS2 L1: Exploring risk Drug education – Y3–4 L1: Medicines and household products L2: Smoking, vaping and alcohol	Suggested lessons: Personal identity – KS2 L1: Personal identity Friendship and bullying – Y3–4 L1: Valuing friendships L2: Friendship challenges L3: What is bullying Belonging and community – Y3–4 L2: Belonging to a community	Suggested lessons: Money and wellbeing – Y4 L1: How money is used L2: Making decisions about money Guardian Foundation: NewsWise – ages 7–9 L4: How news affects feelings L6: Fake or real news? L7: Questioning images in the news	Suggested lessons: Changing and growing up – Y4–5 L1: Changing bodies L2: Menstruation and wet dreams L3: Personal hygiene L4: Privacy L5: Managing emotional changes NSPCC: Talk PANTS – ages 7–9 L1: Building confidence	Suggested lessons: Families – KS2 L1: Family relationships L2: Diverse families L3: Family changes Committed relationships and family life – KS2 L1: Marriage and partnership
Alternative / additional lessons: Croydon Council: Wellbeing Way		**Alternative / additional lessons:** University of Sussex: The Rez Curiosity Library (£): The anti-bullying club		**Alternative / additional lessons:** Foundations for Wellbeing: Revisit the extension and embedding activities in year 4 lessons.	**Alternative / additional lessons:** Rosie's story: What happens if families change?