

Year 4 Progression map

	Statutory Guidance For Relationships Education, RSE and Health Education (2020)	REMEMBER (prior Knowledge)	KNOW (new knowledge)
<u>Being Me in My World</u> <u>Autumn 1</u>	<p><u>Pupils should know:</u></p> <ul style="list-style-type: none"> • how important friendships are in making us feel happy and secure, and how people choose and make friends • that healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded • the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs • the importance of self-respect and how this links to their own happiness • the importance of permission seeking and giving in relationships with friends, peers and adults • what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) 	<p>Week 1- Know how individual attitudes and actions make a difference to a class</p> <p>Week 2- Know about the different roles in the school community. Know their place in the school community</p> <p>Week 3- Know what democracy is (applied to pupil voice in school)</p> <p>Week 4- Know that their own actions affect themselves and others in class.</p> <p>Week 5- Know how groups work together to reach a consensus</p> <p>Week 6- Know what democracy is (applied to pupil voice in school). Know that having a voice and democracy benefits the school community</p>	<p>Week 1- Understand how to set personal goals, Know how to face new challenges positively</p> <p>Week 2- Understand the rights and responsibilities associated with being a citizen of their country</p> <p>Week 3- Understand the rights and responsibilities associated with being a citizen in the wider community and their country</p> <p>Week 4- Consider their own actions and the effect they have on themselves and others</p> <p>Week 5- Know how an individual's behaviour can affect a group and the consequences of this</p> <p>Week 6- Understand how democracy and having a voice benefits the school community</p>
<u>Celebrating Difference</u> <u>Autumn 2</u>	<p><u>Pupils should know:</u></p> <ul style="list-style-type: none"> • that bullying (including cyberbullying) has a negative and often lasting impact on mental well-being • that others' families, either in school or in the wider world, sometimes look 	<p>Week 1- Know that sometimes people make assumptions about a person because of the way they look or act.</p> <p>Week 2 - Know there are influences that can affect how we judge a person or situation</p>	<p>Week 1- Know what culture means, Know that differences in culture can sometimes be a source of conflict</p> <p>Week 2- Know what racism is and why it is unacceptable</p> <p>Week 3- Know that rumour-</p>

Year 4 Progression map

	<p>different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care</p> <ul style="list-style-type: none"> the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs. 	<p>Week 3 -Know that some forms of bullying are harder to identify e.g. tactical ignoring, cyber-bullying</p> <p>Week 4 -Know the reasons why witnesses sometimes join in with bullying and don't tell anyone</p> <p>Week 5 - Identify their own uniqueness</p> <p>Week 6- Know that first impressions can change</p>	<p>spreading is a form of bullying online and offline</p> <p>Week 4- Know that bullying can be direct and indirect</p> <p>Week 5- Know how their life is different from the lives of children in the developing world</p> <p>Week 6- Identify their own culture and different cultures within their class community</p>
<p><u>Dreams and goals</u> <u>Spring 1</u></p>	<ul style="list-style-type: none"> the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs the importance of self-respect and how this links to their own happiness about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help how to ask for advice or help for themselves or others, and to keep trying until they are heard. 	<p>Week 1- Know what their own hopes and dreams are</p> <p>Week 2- Know that hopes and dreams don't always come true</p> <p>Week 3- Know that reflecting on positive and happy experiences can help them to counteract disappointment</p> <p>Week 4- Know how to make a new plan and set new goals even if they have been disappointed</p> <p>Week 5 – Know how to work out the steps they need to take to achieve a goal</p> <p>Week 6- Know how to work as part of a successful group</p>	<p>Week 1- Know that they will need money to help them to achieve some of their dreams</p> <p>Week 2- Know about a range of jobs that are carried out by people I know</p> <p>Week 3- Know the types of job they might like to do when they are older</p> <p>Week 4- Know that young people from different cultures may have different dreams and goals</p> <p>Week 5- Know that communicating with someone from a different culture means that they can learn from them and vice versa</p> <p>Week 6-Know ways that they can support young people in their own culture and abroad</p>
<p><u>Healthy me</u> <u>Spring 2</u></p>	<ul style="list-style-type: none"> the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental well-being and happiness 	<p>Week 1- Know how different friendship groups are formed and how they fit into them. know which friends they value most</p>	<p>Week 1- Know the health risks of smoking Know how smoking tobacco affects the lungs, liver and heart</p>

Year 4 Progression map

	<ul style="list-style-type: none"> • simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests • what constitutes a healthy diet (including understanding calories and other nutritional content) • the principles of planning and preparing a range of healthy meals • the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). 	<p>Week 2- Know that there are leaders and followers in groups</p> <p>Week 3- Know the facts about smoking and its effects on health</p> <p>Week 4- Know the facts about alcohol and its effects on health, particularly the liver</p> <p>Week 5 – Know ways to resist when people are putting pressure on them</p> <p>Week 6- Know what they think is right and wrong</p>	<p>Week 2- Know some of the risks linked to misusing alcohol, including antisocial behaviour</p> <p>Week 3- Know basic emergency procedures, including the recovery position, Know how to get help in emergency situations</p> <p>Week 4- Know that the media, social media and celebrity culture promotes certain body types</p> <p>Week 5- Know the different roles food can play in people’s lives and know that people can develop eating problems/disorders related to body image pressure</p> <p>Week 6-Know what makes a healthy lifestyle</p>
<p><u>Relationships</u></p> <p><u>Summer 1</u></p>	<ul style="list-style-type: none"> • that others’ families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children’s families are also characterised by love and care • what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe • how to respond safely and appropriately to adults they may 	<p>Week 1- Know some reasons why people feel jealousy. Know that loss is a normal part of relationships</p> <p>Week 2- Can identify people who are special to them and express why</p> <p>Week 3- Can tell you about someone they no longer see</p> <p>Week 4- Can suggest ways to manage relationship changes including how to negotiate.</p> <p>Week 5 – can identify that having a boyfriend/girlfriend is a special relationship.</p> <p>Week 6- Know that memories can support us when we lose a special person or animal</p>	<p>Week 1- Know that a personality is made up of many different characteristics, qualities and attributes</p> <p>Week 2- Know that belonging to an online community can have positive and negative consequences</p> <p>Week 3- Know that there are rights and responsibilities in an online community or social network</p> <p>Week 4- Know that there are rights and responsibilities when playing a game online</p> <p>Week 5- Know that too much screen time isn’t healthy</p> <p>Week 6- Know how to stay safe when using technology to communicate with friends</p>

Year 4 Progression map

	encounter (in all contexts, including online) whom they do		
<p><u>Changing me</u> <u>Summer 2</u></p>	<ul style="list-style-type: none"> that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes about menstrual well-being including the key facts about the menstrual cycle. 	<p>Week 1- Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm</p> <p>Week 2- Know the names of the different internal and external body parts that are needed to make a baby</p> <p>Week 3- Know how the female and male body change at puberty</p> <p>Week 4- Can apply the circle of change model to themselves to have strategies for managing change</p> <p>Week 5 – Know that change is a normal part of life and that some cannot be controlled and have to be accepted</p> <p>Week 6- Have strategies for managing the emotions relating to change</p>	<p>Week 1- Can celebrate what they like about their own and others' self-image and body image</p> <p>Week 2- Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</p> <p>Week 3- describe change in girls' and boy's bodies.</p> <p>Week 4- Know that sexual intercourse can lead to conception</p> <p>Week 5- Know that becoming a teenager involves various changes and also brings growing responsibility</p> <p>Week 6- Have strategies for managing the emotions relating to change</p>