

Year 4 Progression in PSHE

Resilience	Mental Wellbeing	Relationships	Relationships, Sex, Health Ed	Health Education	Caring Friendships	Living in the Wider World
<ul style="list-style-type: none"> • I will know the importance of resilience • I will know how to recognise when I feel different emotions • I will know how to identify triggers • I will know and understand the steps to manage people who are angry • I will know how the fear of failure can lead to negative outcomes • I will know how to respond positively to a mistake 	<ul style="list-style-type: none"> • I will know who to talk to when I am feeling upset • I will know the different thought gremlins that affect me • I know the values that are important to me • I know how to show gratitude for the important things in my life • I know the challenges that impact on my life • I will know the habits that keep me healthy and boost my wellbeing 	<ul style="list-style-type: none"> • I will know that there are different types of family • I will know that people can behave differently online • I know and understand the impact of bullying on victims • I know how to collaborate • I know how to recognise stereotypes • I will know and understand the impact of violence 	<ul style="list-style-type: none"> • I will know how the process of puberty relates to human reproduction • I will know about menstruation and wet dreams • I will know hygiene strategies to manage the changes during puberty 	<ul style="list-style-type: none"> • I will know how tiredness impacts on my actions • I will know the importance of fruit and vegetables • I know why exercise is good for us • I know how to stay safe on the internet • I know how to reduce the risk of hazards at home 	<ul style="list-style-type: none"> • I will know how to apply relationship boundaries • I will know how to use empathy to recognise that people respond to events in different ways • I will know what to do when someone makes the wrong decision • I know how to play games honestly • I will know how peer pressure influences my thoughts • I will know how to recognise and demonstrate calm conflict 	<ul style="list-style-type: none"> • I will know that diversity is a good thing. • I will know how to care for the community. • I will know what happens at a job interview. • I will know the risks associated with money. • I will know how winning and losing impact emotions. • I will know how to manage change.