

Year 4 – PSHE – Autumn 2
Health and Well Being

Skills and Knowledge

Growing and changing

- To reflect on and celebrate their achievements, identify their strengths, areas for improvement, set high aspirations and goals.
- To learn about the changes that happen at puberty.

Keeping safe

- To develop strategies for keeping physically and emotionally safe including road safety and safety in the environment.
- To develop strategies of how to keep safe online.

Vocabulary

achievement, aspirations, puberty, online safety,
local area