

### Sleep and relaxation

We learn that sleep is important for health and we talk about how we can relax before bed. We learn relaxation and breathing techniques in the yoga Zen Den.



### Friendship and Bullying

We learn that there are different types of bullying and explore the idea of direct and indirect bullying. They look at scenarios to determine what constitutes bullying.

### Online safety

We understand how we can protect ourselves from online identity theft. We understand that information put online leaves a digital footprint or trail and that this can aid identity theft. We identify the risks and benefits of installing software including apps. We understand that copying the work of others and presenting it as their own is called 'plagiarism' and we consider the consequences of plagiarism. We identify appropriate behaviour when participating or contributing to collaborative online projects for learning. We identify the positive and negative influences of technology on health and the environment. To understand the importance of balancing game and screen time with other parts of their lives



### Healthy eating

We learn what the word 'diet' means all the food and drink we consume. We learn to give examples of the word in context, e.g. 'healthy diet', a 'vegetarian diet' is one without meat or fish, a person with an intolerance to lactose might follow a 'diary-free diet'. We may have heard the term 'diet' used in relation to people trying to lose weight, We learn that this is a 'weight loss diet'. Children learn that food gives us energy. They understand that different amounts of food give us different amounts of energy.

## RSHE Scheme of Work

### Year 4

### Oral Health

Children learn about the dangers of sugar and they discover how sugar can attack enamel resulting in the need for fillings. They learn more tooth brushing technique

### Mental Health and Wellbeing

We learn about ways of expressing feelings and emotions and why this important. We name a wide range of feelings and emotions and to match feelings to a scale of intensity. We identify strong feelings. We learn to describe different feelings and how they are experienced in the body. We recognise why it is important for people to express their feelings. They learn about managing feelings and emotions in different situations



### Physical activity

Pupils learn that they need strength and stamina to move, lift, carry etc. they learn that stamina is an important attribute. They learn that by setting a challenging goal they feel a sense of achievement and that this is empowering.



### Drugs and Alcohol

We learn that there are influences on making choices about smoking, alcohol and drugs and that we can make a choice. We learn that alcohol is a legal drug but that there are laws to keep children and young people safer.