



PSHE	Year 4	Theme: Identity, society and equality – democracy.
<p>What will I know by the end of this topic?</p>	<p>Vocabulary</p>	
<ul style="list-style-type: none"> • That Britain is a democratic society and what democracy is. • That there are different political parties which have different views on how the country should be run. • That people can vote in order to change how the country is run. • Where laws are made and why we have to follow them. 	<ul style="list-style-type: none"> • Democracy – a system of running a country which involves electing the people in charge. • Politics – activities which take place around the governing of a country. • Political party – a group of people who work together as a political group. • Voting – the process in which people can pick who they want to represent them in their area. • Election – this is the name given for the time period in which people are allowed to vote for the person that they want to represent them in parliament. • Parliament – the group of people who set the rules and make laws about how our country is run. • MP – member of parliament, these people are voted for during elections. • Government – the people who are in charge of the parliament. • Local council – people in charge of making local decisions. 	
<p style="text-align: center;">Reflective questions</p>		
<p>Is there anything that you would change about how our country is run? Do you wish that you were allowed to vote in elections now? Do you think it is a good idea to lower the age at which people are allowed to vote (it is currently 18)?</p>		



PSHE	Year 4	Theme: Drugs, alcohol and tobacco education – making choices.
What will I know by the end of this topic?	Vocabulary	
<ul style="list-style-type: none"> • That drugs are common in everyday life such as caffeine. • To say why some people might choose to use or not use a drug. • To be able to think of some alternatives to using drugs. • How alcohol can affect the body. • About the laws surrounding alcohol. • That people can become addicted to drugs. • Where to go to find help if you are concerned about someone's use of drugs. 	<ul style="list-style-type: none"> • Drugs – substances which have an effect on our bodies. • Tobacco – a dried leaf containing nicotine which people smoke. • Nicotine – a yellowish, oily liquid that comes from the tobacco plant. It makes people feel more alert. • Caffeine – found in tea and coffee plants and causes people to feel more alert. • Alcohol – a liquid produced by a process called fermentation. This is where natural sugars turn to alcohol. The alcohol makes people feel intoxicated. • Addicted – where someone feels unable to stop doing something. • Habit – something that people do that they find hard to stop. 	
Reflective questions		
<p>Do you think some drugs are worse than others? Can you name any drugs?</p>		



PSHE	Year 4	Theme: Physical health and wellbeing – What is important to me?
What will I know by the end of this topic?	Vocabulary	
<ul style="list-style-type: none">• Why a person might want or need to avoid certain foods.• That people might follow a diet based on their religion, morals, cultural background or for health reasons.• That there are many factors which might influence people's choices about the food that they buy.• Why sleep is important for our health and wellbeing.• What can help us to relax and sleep well.• The impact that screen time can have on our wellbeing.	<ul style="list-style-type: none">• Diet – the things that people eat and drink.• Producer – the people that make the food we eat such as farmers.• Consumer – the people that buy the food (us).• Screen time – how much time you spend looking at an electronic screen.	
Reflective questions		
How does your mind feel when you have not had enough sleep? How does your body feel when you have not had enough sleep? Do you find it easier or harder to sleep straight after being on a phone, laptop or games console?		



St Austin's R.C. Primary School – PSHE



PSHE	Year 4	Theme: Keeping safe, managing behaviour and risk – playing safe.
What will I know by the end of this topic?	Vocabulary	
<ul style="list-style-type: none"> • Know that games and films have an age rating. • Know why some films and games are not appropriate for children to play. • To know whether a game is suitable for you to play and give reasons why. • Identify the level of risk involved in different activities in the local community. • That sometimes you might be pressured into doing something which doesn't feel safe. • How to respond to unhelpful pressure. • What to do in an emergency situation. • Some simple first aid procedures. 	<ul style="list-style-type: none"> • Age rating / classification – • Appropriate – something that is right in that situation. • Inappropriate – something that is not right in that situation. • Safe – something which involves no risk or a low level of risk. • Unsafe – something that involves a higher level of risk. • Emergency – a dangerous situation which was not expected. • First aid – the actions that people can take to keep a person alive whilst waiting for medical help. 	
Reflective questions		
<p>How does your mind feel when you have not had enough sleep? How does your body feel when you have not had enough sleep? Do you find it easier or harder to sleep straight after being on a phone, laptop or games console?</p>		



<p>PSHE</p>	<p>Year 4</p>	<p>Theme: Keeping safe, managing behaviour and risk – playing safe.</p>
<p>What will I know by the end of this topic?</p>	<p>Vocabulary</p>	
<ul style="list-style-type: none"> • Know that games and films have an age rating. • Know why some films and games are not appropriate for children to play. • To know whether a game is suitable for you to play and give reasons why. • Identify the level of risk involved in different activities in the local community. • That sometimes you might be pressured into doing something which doesn't feel safe. • How to respond to unhelpful pressure. • What to do in an emergency situation. • Some simple first aid procedures. 	<ul style="list-style-type: none"> • Age rating / classification – • Appropriate – something that is right in that situation. • Inappropriate – something that is not right in that situation. • Safe – something which involves no risk or a low level of risk. • Unsafe – something that involves a higher level of risk. • Emergency – a dangerous situation which was not expected. • First aid – the actions that people can take to keep a person alive whilst waiting for medical help. 	
<p style="text-align: center;">Reflective questions</p>		
<p>How does your mind feel when you have not had enough sleep? How does your body feel when you have not had enough sleep? Do you find it easier or harder to sleep straight after being on a phone, laptop or games console?</p>		