

YEAR 4	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>SEALS theme</b>	<p><b>New Beginnings</b></p> <p>I can recognise my own feelings and how they affect my life (work, friends). I know what I am good at and can give and receive compliments.</p>	<p><b>Getting On and Falling out / No to bullying</b></p> <p>I understand ways of making friends and know ways of calming a situation.</p> <p>I can talk about cyberbullying and its effects.</p> <p>I am starting to notice reasons people get bullied and why it is wrong (appearance, family situations, sexual orientation, etc.).</p>	<p><b>Going for Goals</b></p> <p>I can accept responsibility for my own learning and I know barriers to my learning.</p> <p>I can set a success criterion to know if I have been successful and I understand how others can help me to achieve my goal.</p>	<p><b>Good to be Me</b></p> <p>I can choose when to show my feelings and when to keep them inside.</p> <p>I can express myself assertively and also stop and think before I act.</p> <p>I know what to do if someone I trust is making me feel uncomfortable.</p>	<p><b>Relationships</b></p> <p>I can recognise that families are different and can challenge stereotypes about families.</p> <p>I know how people feel when they lose something they care about and I understand that we can remember people we care about even if we cannot see them.</p>	<p><b>Changes</b></p> <p>I can tell you how I would feel if a change was forced on me. I know some ways for dealing with change I am not sure about and I understand why change is hard for some people.</p>
<b>Sex &amp; Relationships</b>	<p><b><u>Growing and Changing</u></b></p> <p>I can understand the human life cycle and how the body changes</p> <p><b>Learning Outcomes</b> Describe the main stages of the human life cycle. Describe the body changes that happen when a child grows up.</p>	<p><b><u>Body Changes and Reproduction</u></b></p> <p>I can identify some basic facts about puberty, reproduction and pregnancy.</p> <p><b>Learning Outcomes</b> Know that during puberty the body changes from a child into a young adult. Understand why the body changes in puberty. Identify some basic facts about pregnancy (<i>i.e. takes a man and woman, the baby grows inside the woman for 9 months</i>).</p>	<p><b><u>What is Puberty?</u></b></p> <p>I can learn about the physical changes associated with puberty.</p> <p><b>Learning Outcomes</b> Know the physical changes that happen in puberty. Know that each person experiences puberty differently.</p>	<p><b><u>Feeling, thinking, and doing- changing relationships</u></b></p> <p>I can learn strategies to deal with feelings in the context of relationships.</p> <p><b>Learning Outcomes</b> Identify feelings and understand how they affect behaviour. Show awareness that feelings change during puberty and these changes can affect our relationships. Can practice strategies for managing some feelings.</p>	<p><b><u>Assertiveness</u></b></p> <p>I can understand and am able to use assertiveness skills.</p> <p><b>Learning Outcomes</b> To have practised being assertive in different situations. To be able to say 'no' when we feel that something isn't right even if someone we trust is giving the instruction.</p>	<p><b><u>Your questions answered</u></b></p> <p>I can answer questions with confidence and seek help when needed.</p> <p><b>Learning Outcomes</b> Can answer some questions about puberty and growing up. Can use appropriate language to discuss puberty. Identify sources of information and advice.</p>
<b>Drugs &amp; Alcohol</b>	<p>I know the school's rules relating to medicines. I know where medicinal drugs are made, tested, sold and used.</p>	<p>I know about common drugs such as aspirin, paracetamol, tea, coffee, tobacco, and alcohol.</p>	<p>I know basic information about how the body works.</p> <p>I am starting to know how the body deals with dangerous things that enter it.</p>	<p>I can feel confident and valued and I can start to think about how to talk about my feelings. I know my 'safe' and 'not safe' feelings.</p>	<p>I can identify adults I know and trust and I know how to ask them for help. I can practise strategies for managing difficult situations.</p>	<p>I can recognise how it feels when I am part of a group that decides to do something I/we are uncertain or anxious about. I can say 'no' 'I'll ask' and 'help me please' when necessary.</p>