

Year: 4	Date: Advent 1	Subject: PSHE – Being Safe and Exploring Emotions
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<p>Learning Objectives from PSHE Matters:</p> <ul style="list-style-type: none"> <li>• Understanding how to make informed choices.</li> <li>• Exploring how to recognise, predict and assess risks in different situations.</li> <li>• Understanding that increased independence brings increased responsibility to keep themselves safe.</li> <li>• Understanding how rules can keep them safe. H15 - Identifying where and how to get help.</li> <li>• Developing strategies for keeping physically and emotionally safe in different situations.</li> <li>• Understanding the importance of protecting information particularly online.</li> <li>• Understanding how to become digitally responsible.</li> <li>• Recognising a wide range of emotions in themselves and others.</li> <li>• Responding appropriately to a range of emotions in themselves and others.</li> <li>• Understanding their actions affect themselves and others.</li> <li>• Developing strategies to resolve disputes.</li> <li>• Identifying strategies to manage emotions.</li> <li>• Deepening their understanding of good and not so good feelings.</li> <li>• Extending vocabulary to help explain the range and intensity of feelings.</li> <li>• Recognising conflicting emotions.</li> </ul> <p>Links to previous year groups and topics:  EYFS: Myself/Machines/Healthy Living. Year 1: Emotions and relationships/Being Safe. Year 2: Being Safe/Exploring Emotions. Year 3: Exploring Emotions/Being Safe.</p>
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Week 1: 4/9/23	Week 2: 11/9/23	Week 3: 18/9/23	Week 4: 25/9/23	Week 5: 2/10/23	Week 6: 9/10/23
<p><u><a href="#">Being Safe - PSHE Matters page 80/81</a></u></p> <p>Task 1: To know the hazards when we are playing out.</p> <p>Task 7: To know about the risks involved in different situations.</p>	<p>Task 2: To know the underwear rule.</p> <p>Task 3: To know what consent means.</p>	<p>Task 4: To know that no means no.</p> <p>Task 5: To know why people might not listen.</p>	<p>PSHE Passport: Knowing how to stay safe matters because.....</p> <p><u><a href="#">Exploring Emotions – PSHE Matters page 32/33.</a></u></p> <p>Task 6: To know how to deal with uncomfortable feelings.</p>	<p>Task 7 and 9: To know different types of emotions.</p> <p>Task 8: To know how to deal with conflicting emotions.</p>	<p>Task 10: To know how to manage our emotions.</p> <p>Task 11: To know how it feels to resolve problems.</p> <p>PSHE Passport: Talking about feelings matters because.....</p>

Vocabulary: hazards, consent, risks, consequences, uncomfortable feelings, emotions, conflicting emotions, resolving problems.