

RHE	Healthy Happy Friendships Similarities & Differences	Year group: 4	Term: Autumn
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Prior Knowledge
 Y3: Qualities in a healthy & happy friendship, personal space, what to do when you feel uncomfortable. Resilience and how to feel valued and respected.

Skills to be taught:
 Describe qualities in a good friendship
 How to work through difficulties in a friendship

Key Knowledge

- The qualities of a good friendship and why values are important in maintaining friendships
- Know ways to resolve friendship difficulties
- Understand the importance of communication
- Identify if someone is experiencing bullying or an unhealthy friendship
- Define the word permission and explain what it means in relation to personal boundaries
- Explain why personal boundaries are important
- Know what a stereotype is (Y2) and that they are unhelpful
- What does being British mean
- Explain how someone may be judged because they are different. Describe ways to help

Key vocabulary:
 Friend, values, qualities, difficult, compromise, communication, yes, no, boundaries, permissions

Diverse, stereotype, judge, judgement,





Knowledge Organiser

RHE	Caring & responsibility Families & Committed Relationships	Year group: 4	Term: Spring
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Prior Knowledge
In Y3 children learned about responsibility and empathy. They also learned about commitment and how change can be a good or bad thing.

Key vocabulary:
Rights, responsibilities, respect, opportunities, entitled, agreement, rights, conventions, United Nations, roles

Relationships, appropriate, boundaries, belonging, membership, together, family, care, rules, expectations



Skills to be taught:
Describe some of our rights
Identify different roles within a family

Relationships category sorting cards

Mum	Dad	Carer
Granny	Grandad	Sister
Friend	Dentist	Bus driver
Taxi driver	Teacher	Headteacher
Dinner helper	Classroom assistant /Mentor	Doctor
Optician	Counsellor	Vet
Pet	Postman/woman	Auntie

Key Knowledge

- Know about our rights, what they are and how they help us to be cared for
- With rights come responsibilities
- Explain some consequences for not accepting responsibilities
- Describe the rights that children have under the UN
- Explain why these rights are important in helping us stay safe and cared for
- Identify different roles and responsibilities within families
- Describe appropriate behaviours and boundaries within relationships
- Identify the groups we belong to and the benefits of them
- Why families have particular rules
- How these rules sometime seem unfair but ultimately they're there to care for us



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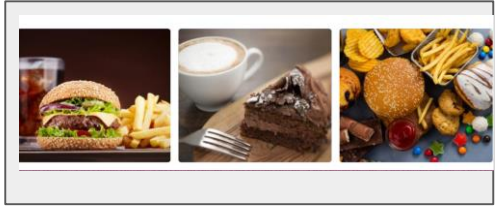
RHE	Healthy body and healthy mind Coping with change	Year group: 4	Term: Summer
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Prior Knowledge
In Y3: sleep hygiene, healthy diet, germs and viruses. Chn also learned about change and how to support someone who is feeling sad.

Skills to be taught:
Recognise pressure
Name and describe strong feelings and be able to find ways to deal with them

Key vocabulary:
Influence, pressure, persuade, healthy, choices, consequences, responsibility, feelings, emotions

Puberty, hormones, menstruation, eggs, sanitary pads, periods, hygiene, sweat, health



Periods: myth or reality?

It hurts when you have a period.	You cannot exercise when you have a period.
There is always someone you can talk to about periods if you need to.	Periods always start for a girl at the age of 15.
Boys do not have periods.	Periods can last between two and seven days each month.
Using a sanitary pad helps keep a girl clean and hygienic when she is on her period.	You shouldn't have a bath if you are having a period.

Key Knowledge

- Explain the different influences on our everyday choices and what to do if someone tries to influence us to make unhealthy choices
- Know how to take responsibility and make choices to keep our bodies and minds healthy
- Explain some consequences of unhealthy choices
- Explain a range of safe ways to deal with strong feelings
- Identify range of safe ways to deal with strong feelings
- Understand the changes that happen to our bodies during puberty
- The different changes that happen to boys and girls
- Where to get help and advice about our bodies if we need it
- What periods are and why girls have them
- Understand the importance of hygiene as we get older