



Year 4 Curriculum For Life - Autumn Term 1: Health & Wellbeing



1. It is normal to experience a range of different **emotions**.

2. We all have **physical health** and **mental health**.

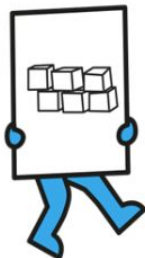


3. Exercise can help improve **concentration**.

It can also help people to **sleep** better.



4. 7-10 year olds' maximum daily sugar **intake** is
6 sugar cubes = 24 grams



5. It is important to maintain good **oral hygiene**.



6 & 7. Using **technology** can limit time spent on other activities.

Getting Help - If you are worried about anything, talk to a trusted adult.
Childline www.childline.org 0800 1111 Calls DO NOT show on the phone bill

concentration	Close attention to or thought about a subject.
emotions	How we feel e.g. happy, anxious, sad, jealous.
hygiene	The way we care for our bodies' cleanliness.
intake	The act of taking in.
mental health	Our emotional wellbeing.
oral	The mouth.
physical health	Our physical wellbeing.



Year 4 Curriculum For Life - Autumn Term 2: Relationships



2. Learning to **resolve** problems is an important part of friendships.

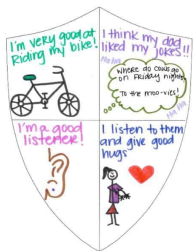


5 & 6. It is important to recognise the signs of someone feeling **upset, hurt or angry online**.



1. All families are **diverse** and should be **valued**.

3. Identifying positive **attributes** and **qualities** can help improve self-respect.



7. **Personal boundaries** may be different for different people in different relationships.

attributes	A quality or characteristic.
boundaries	A line which marks the limit of an area.
bystander	A person who witnesses an event.
conflict	A disagreement or argument.
diverse	Showing a great deal of variety.
impact	A effect or influence.
qualities	An attribute or characteristic.
resolve	To find a solution to a problem.
valued	Considered to be important.

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Year 4 Curriculum For Life - Spring Term 1: Citizenship



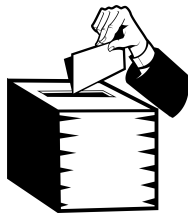
1. The law protects people's
Human Rights.



5. **Climate change**
is affected by fossil
fuels and
greenhouse gases.



3. Britain is a
democracy.



2. **Parliament, government** and the
judicial system contribute to how laws
are made and upheld.



4. **Active citizens** are
those who contribute
positively to **society.**



6. Information about people
online could be created,
copied or shared by others.

active	Taking part in something, being eager.
citizen	An inhabitant of a particular society or place.
climate change	Long term shifts in weather and temperature.
democracy	A system of government where citizens vote.
government	The group of people who put laws into practice.
Human Rights	The basic rights and freedoms of every person.
judicial	Judges, law courts and their activities.
parliament	A group of people that make and change laws.
society	Groups of people that share the same laws, rights and resources.

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Year 4 Curriculum For Life - Spring Term 2: Health & Wellbeing



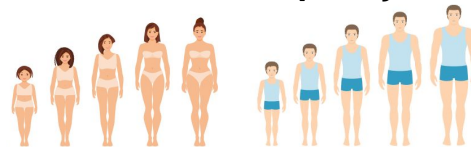
1. Asthma signs and symptoms can vary.



2. There are a number of effects and risks associated with drinking **alcohol** and **caffeine** or smoking **cigarettes**.



3. Physical changes occur in males and females as a result of **puberty**.



4. **Menstruation** is the monthly process by which the uterus sheds its lining.



5. It is important to remember that the internet is never fully **private** and is **monitored**.



6. 13 is the digital age of **consent** in the UK.

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alcohol	A substance found in drinks such as beer and wine.
asthma	A lung condition that causes breathing problems.
caffeine	A substance found in drinks such as tea and coffee.
cigarette	A thin cylinder used for smoking tobacco.
consent	Giving permission for something to happen.
monitored	Observed and checked over a period of time.
puberty	When a child's body changes into an adult.



Year 4 Curriculum For Life - Summer Term 1: Relationships



1. Fictional characters can reinforce **gender** stereotypes.



2. **Stereotypes** can have a negative impact on people.

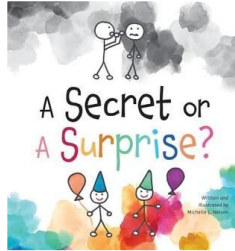


3. There are different ways to ask for, give or not give **permission**.



5. Showing **respect** online tips:

- Stay calm
- Pause before responding
- Imagine you are sat with the person



4. Strategies can be used to support safe and fun experiences online.



6. It is important to recognise the difference between a **secret** and a **surprise**.

gender	Characteristics of males and females that are socially constructed.
permission	The act of allowing someone to do something.
respect	Treating someone in a way you wish to be treated.
secret	Something kept hidden or unexplained.
sharing	To let someone see or have access something.
stereotype	An assumption about what someone will do / act based on a particular group or aspect.
surprise	Something unexpected that happens.

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Year 4 Curriculum For Life - Summer Term 2: Economic Wellbeing



1. Some jobs get paid more than others.



2. It is important to **prioritise** between needs and wants.



4. Managing money can be complex and so using a **bank account** is one way of making it easier.

3. Keeping simple records can help track **spending** and **saving**.



I have _____ in my purse

I would like to buy:

_____ £

_____ £

_____ £

_____ £

The total cost will be: £

I have _____ left over OR

I need _____ more to buy what I want.

I could afford to buy:

_____ £

_____ £

I would have _____ left over.

5. Some online search results can be more **trustworthy** than others.



6. People can be **persuaded** to spend money online in a variety of ways.



bank account	The record a bank keeps of your money.
needs	Items which are essential to health and well-being (e.g. family, food, clothing, shelter).
persuade	To convince someone to do something.
prioritise	To rank in order of importance.
saving	Putting money away to spend at a later date.
spending	To pay out money.
trustworthy	Honest, reliable - the ability to keep promises.
wants	Non-essential items which enable us to enjoy quality of life (e.g. the latest computer game, going out for a meal).

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