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| **Year 4** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Curriculum Topic** | Being Me in the World | Celebrating differences | Dreams and Goals | Healthy Me | Relationships | Changing me |
| **Objectives to cover** | * Being part of a class team
* Being a school citizen
* Rights, responsibilities and democracy (school council)
* Rewards and consequences
* Group decision-making
* Having a voice
* What motivates behaviour
 | * Challenging assumptions
* Judging by appearance
* Accepting self and others
* Understanding influences
* Understanding bullying
* Problem solving
* Identifying how special and unique everyone is
* First impressions
 | * Hopes and dreams
* Overcoming disappointment
* Creating new, realistic dreams
* Achieving goals
* Working in a group
* Celebrating contributions
* Resilience
* Positive attitudes
 | * Healthier friendships
* Group dynamics
* Smoking
* Alcohol
* Assertiveness
* Peer pressure
* Celebrating inner strength
 | * Jealously
* Love and loss
* Memories of loved ones
* Getting on and falling out
* Girlfriends and boyfriends
* Showing appreciation to people and animals
 | * Being unique
* Confidence in change
* Accepting change
* Preparing for transition
* Environmental change
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| LQ1 | How do I know my attitudes and actions make a difference to the class? | How can I understand that sometimes we make assumptions based on what people look like? | How can I tell you about some of my hopes and dreams? | How do I recognise how different friendship groups are formed, how I fit into them and friends I value the most? | How can I recognise situations which can cause jealousy in relationships? | How can I recognise how I might change as I get older? |
| LQ2 | How do I understand who is in my school community, the roles they play and how I fit in? | How can I understand what influences me to make assumptions based on how people look? | How can I understand that sometimes hopes and dreams do not come true and that this can hurt? | How do I understand there are people who take on the roles of leaders or followers in a group, and the role I take in different situations? | How can I identify someone I love and can express why they are special to me? | How can I understand that some of my personal characteristics have come from my birth parents? |
| LQ3  | How do I understand how democracy works through the School Council? | How can I understand that sometimes bullying is hard to spot?How do I know what to do if I think bullying is going on but not sure? | How do I know that reflecting on positive and happy experiences can help me to counteract disappointment? | How do I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke? | How can I tell you about someone I know that I no longer see? | How do I know the circle of change and how can I apply it to changes I want to make in my life? |
| LQ4 | How can I understand that my actions affect myself and others?How can I show that I care about other people’s feelings and try to empathise with them? | How can I understand why witnesses sometimes join in with bullying and sometimes don’t tell? | How do I know how to make a new plan and set new goals even if I have been disappointed? | How can I understand the facts about alcohol and its affects on health, particularly the liver, and also some of the reasons some people drink alcohol? | How can I recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends? | How can I identify changes that have been and may continue to be outside of my control that I learnt to accept? |
| LQ5 | How can I understand how groups come together to make decisions? | How can I identify what is special about me and value the ways in which I am unique? | How do I know how to work out the steps to take to achieve a goal? | How can I recognise when people are putting me under pressure and explain ways to resist this? | How can I understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older? | How can I identify what I am looking forward to when I move to a new class? |
| LQ6 | How can I understand how democracy and having a voice benefits the school community? | How can I recall when my first impression of someone changed when I got to know them? | How can I identify the contributions made by myself and others to the group’s achievement? | How do I know myself well enough to have a clear picture of what I believe is right and wrong? | How do I show love and appreciation to the people and animals who are special to me? |  |