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| Autumn 1  (8 Weeks) | Core Theme 1 Unit 6 LESSON 4: Online Privacy – It’s Personal  Core Theme 1 Unit 6 LESSON 5: Internet Use – Online Usage  Core Theme 1 Unit 6 LESSON 6: Internet Use – Age Limits  Core Theme 2 Unit 3 LESSON 1: Reactions – Frustration  Core Theme 2 Unit 3 LESSON 2: Self-Worth – I’m a Marvel!  Core Theme 2 Unit 3 LESSON 3: Persistence and Resilience – Don’t Give Up  Core Theme 2 Unit 3 LESSON 4: Negative Persistence – Over and Over |
| Autumn 2  (7 Weeks) | Core Theme 1 Unit 5 LESSON 5: Feelings - Overreacting  Core Theme 1 Unit 5 LESSON 6: Self-Respect – Let’s Rock!  Core Theme 3 Unit 3 Unit 3 LESSON 1: Gender Stereotypes – His and Hers  Safe Zone: Lesson 1 Online Relationships/online bullying  Safe Zone: Lesson 2 Health and Well Being and Lifestyle  Safe Zone: Lesson 3 Online Reputation/managing online info  Safe Zone: Lesson 4 Self-image and identity |
| Spring 1  (6 Weeks) | Safe Zone: Lesson 5 Copyright and Ownership  Safe Zone: Lesson 6 Privacy and Security  Core Theme 1 Unit 5 LESSON 3: Loss / Separation – Left Behind  Drugs Ed – Substance – Related Abuse LESSON 3: Taking Drugs – D.R.U.G.S  Drugs Ed – Substance – Related Abuse LESSON 4: Drug Awareness – D.R.U.G.S  Drugs Ed – Substance – Related Abuse LESSON 5: Substance Abuse – D.R.U.G.S Get Smart! |
| Spring 2  (5 Weeks) | Discrete lessons:  Child on child abuse  Child labour  Core Theme 5 Lesson 4 (KS2) Easily Influenced  Core Theme 5 Lesson 5 (KS2) Ground Zero.  Discrete lesson:  Consent |
| Summer 1  (6 Week) | Core Theme 2 Unit 4 LESSON 1: Connections – Paper Chains  Core Theme 2 Unit 4 LESSON 3: Religious Views – Faith Finding  Core Theme 2 Unit 4 LESSON 4: Celebrate Diversity – Inside and Out  Core Theme 3 Unit 4 LESSON 1: Money Choices – A Million Dollars  Core Theme 3 Unit 4 LESSON 2: Managing Money – Design Choices  Discrete lesson:  Knife crime |
| Summer 2  (7 Week) | Additional Content: Period Girls Talk (COB)/Boys Talk about change (DS)  Relationships and Sex Education – LESSON 1: Forming Relationships  Relationships and Sex Education – LESSON 2: Sexual Relationships  Relationships and Sex Education – LESSON 3: Healthy Relationships  **Being Healthy and Safe Week:**  Relationships and Sex Education – LESSON 4: Unhealthy Relationships  Relationships and Sex Education – LESSON 5: Gender Issue Relationships  Core Theme 1 Unit 3 LESSON 3: Working With Food – Master Chef  Core Theme 1 Unit 3 LESSON 4: Working With Food – Our Food Hall |

**Year 4 PSHE 2025-2026**

**Core Theme Coverage:**

Core Theme 1 Health and Wellbeing

Core Theme 2 Relationships

Core Theme 3 Living in the Wider World

**Additional Coverage:**

4. Relationships and Sex

5. Extremism and Radicalisation

6. Drugs Ed