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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 LimitsCore Theme 2 Unit 3 LESSON 1: Reactions – FrustrationCore 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 - OverreactingCore Theme 1 Unit 5 LESSON 6: Self-Respect – Let’s Rock!Core Theme 3 Unit 3 Unit 3 LESSON 1: Gender Stereotypes – His and HersSafe Zone: Lesson 1 Online Relationships/online bullyingSafe Zone: Lesson 2 Health and Well Being and Lifestyle Safe Zone: Lesson 3 Online Reputation/managing online infoSafe Zone: Lesson 4 Self-image and identity |
| Spring 1(6 Weeks) | Safe Zone: Lesson 5 Copyright and OwnershipSafe Zone: Lesson 6 Privacy and SecurityCore Theme 1 Unit 5 LESSON 3: Loss / Separation – Left BehindDrugs Ed – Substance – Related Abuse LESSON 3: Taking Drugs – D.R.U.G.SDrugs Ed – Substance – Related Abuse LESSON 4: Drug Awareness – D.R.U.G.SDrugs Ed – Substance – Related Abuse LESSON 5: Substance Abuse – D.R.U.G.S Get Smart! |
| Spring 2(5 Weeks) | Discrete lessons:Child on child abuseChild labourCore Theme 5 Lesson 4 (KS2) Easily InfluencedCore Theme 5 Lesson 5 (KS2) Ground Zero. Discrete lesson:Consent |
| Summer 1(6 Week) | Core Theme 2 Unit 4 LESSON 1: Connections – Paper ChainsCore Theme 2 Unit 4 LESSON 3: Religious Views – Faith FindingCore Theme 2 Unit 4 LESSON 4: Celebrate Diversity – Inside and OutCore Theme 3 Unit 4 LESSON 1: Money Choices – A Million Dollars Core Theme 3 Unit 4 LESSON 2: Managing Money – Design ChoicesDiscrete 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 RelationshipsRelationships and Sex Education – LESSON 2: Sexual RelationshipsRelationships and Sex Education – LESSON 3: Healthy Relationships**Being Healthy and Safe Week:**Relationships and Sex Education – LESSON 4: Unhealthy RelationshipsRelationships and Sex Education – LESSON 5: Gender Issue RelationshipsCore 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