

**RSE Year 4**

Theme	Intended learning outcome
Name parts of the body.	To know the correct names for parts of the body, including male and female genitalia. To understand the changes that take place during puberty.
My body is changing.	I can name parts of my body. I can talk about different parts of my body and what they do. I can describe the changes that take place during puberty. I understand how to maintain personal hygiene.
Feelings and puberty.	I can describe the changes that take place during puberty, including menstruation. I can talk about my growing independence. I can talk about things I can do when I am upset. I can identify an adult to speak to if I am upset.
Personal hygiene.	I can describe the changes that take place during puberty. I understand how to maintain personal hygiene.
What is consent. My body is mine.	I can describe what consent means to me. I know that I, and others, can use words, body language and facial expressions to communicate what they like and don't like. I can explain the idea of personal space. I can explain that my body is my body. I can identify an adult to speak to go to if I have a worry.
What is a friend. Making and keeping friends. Online - offline friends.	I can talk about what I want from friendships and what kind of friend I can be. I can explain the benefits of friendships as well as the challenges that come up on maintaining relationships. I can give examples of things I can do to make and maintain friendships. I understand that I do not need to be best friends with everyone but I can be friendly and kind.
Stereotypes and equality.	I understand that how I look, how I behave, or my aspirations should not be limited by stereotypes, my sex or expectations of what boys and girls should do.
Being fair	I can give examples of, and can challenge stereotypes. I show respect for others. I understand and accept diversity amongst my peers. I can demonstrate an understanding of diversity.
Social media	I can discuss what I do online. I understand that my online activity requires me to have strategies for safe use. I can identify an adult to speak to go to if I have a worry.
Computer games	I can understand why some games are not appropriate for children to play. I can develop my own ideas and thoughts about computer games and gaming habits. I can identify some possible responses to pressure relating to computer games.
Emergencies and calling for help.	I understand it is important to ensure the safety of myself and others when faced with an emergency situation. I know how to assist in an emergency by calling for help correctly. I know how to seek medical help if required.