

### **Developing a healthy and safe lifestyle**

Children are taught:

- What makes a healthy lifestyle, including the benefits of exercise and healthy eating, what affects mental health, and how to make informed choices.
- That bacteria and viruses can affect health, and that following simple, safe routines can reduce their spread.
- About how the body changes as they approach puberty.



## **End of Year Expectations**

### **PSHE**

### **Year 3 and 4**

#### **Developing good relationships and respecting the differences between people**

Children are taught:

- That their actions affect themselves and others, to care about people's feeling, and to try to see things from their points of view.
- To think about the lives of people living in other places and times, and people with different values and customs.
- To be aware of different types of relationship, including marriage and those between friends and families and to develop the skills to be effective in relationships.

#### **Developing confidence and responsibility and making the most of their abilities**

Children are taught:

- To talk and write about their opinions, and explain their views, on issues that affect themselves and society.
- To recognise their worth as individuals by identifying positive things about themselves and their achievements, seeing their mistakes, making amends and setting personal goals.
- To face new challenges positively by collecting information, looking for help, making responsible choices and actions.

### **Preparing to play an active role as citizens**

Children are taught:

- To research, discuss and debate topical issues, problems and events.
- Why and how rules and laws are made and enforced, why different rules are needed in different situations and how to take part in making and changing rules.
- To realise the consequences of anti-social and aggressive behaviours, such as bullying and racism, on individuals and communities.