

What I Need to Know: Y4 RSHE – Me and my relationships

We nurture the curiosity to learn, the courage to lead and the compassion to care.

Brief summary of topic: Developing an understanding of 'Me and my relationships'. Building confidence in positive, healthy relationships and problem resolution



Create, Communicate & Evaluate

- Freeze frame drama based on peer pressure and talking out (standing up for your beliefs)



Question, Reason, Discuss & Explain

- Explain what we mean by a positive, healthy relationship
- Understand where pressure to behave in an unhealthy, unacceptable or risky way might come from
- Describe 'good' and 'not so good' feelings and how they impact on the body
- Recognise that there are times when we might need to say no to a friend
- Recognise that people can feel different in the same situation
- Recognise that feelings may change towards something or someone



Know & Do

- Understand what contributes towards a positive, healthy relationship
- Know some strategies to resolve problems

Vocabulary I need to know...

Peer pressure, assertive, positive, healthy, relationship, risk, feelings, emotion

Opportunities to support English and maths

- Skim and scan texts to retrieve information or quotes quickly and accurately
- Summarise main ideas from more than one paragraph
- Make and justify inferences with appropriate evidence from the text
- Provide reasoned justifications for their views, quoting evidence from across a text

Curriculum Links and Enrichment Activities

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