

What I Need to Know: Y4 RSHE – Being my best self

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

Brief summary of topic: Developing an understanding of 'Being my best self.' Develop understanding of what makes us unique. Be aware of how people care for us and how we can care for ourselves more as we grow.



Create, Communicate & Evaluate

- Create a self-portrait, describing your own uniqueness



Question, Reason, Discuss & Explain

- Understand and discuss different ways that we are unique
- Question what choices I make and choices others make for me
- Reason the importance of making my own decisions
- Explain the different ways in which we can support our community



Know & Do

- Know that food, water and sleep are important factors in caring for ourselves
- Know and appreciate what makes me unique
- Know some simple actions which make a difference in an emergency
- Know some basic first aid

Vocabulary I need to know...

unique, choices, independence, trust, support, community, factors, care/ caring, appreciate, emergency, first aid.

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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