



# PSCHE - Personal, Social, Citizenship, Health and Economic Education

Core Theme: Health and Wellbeing and Relationships

Year: 4

Term: Summer 1

## Lower Key Stage 2 Growing Up

### What I have learnt already

Name male and female body parts using agreed words and explore the differences in bodies.

Consider appropriate and inappropriate physical contact and consent

Understand that each person's body belongs to them Understand personal space and unwanted touch

### Key Learning

H4 - Explore how images in the media do not always reflect reality.

H5 - Celebrate our strengths/qualities.

H8 - Explore the kind of changes that happen in life and the associated feelings.

H12 - Begin to understand that bacteria and viruses can affect health.

H18 - Explore the changes that happen as they grow up.

H20 - Understand the right to protect our bodies from inappropriate and unwanted contact and the importance of privacy

R8 - Understand the difference between acceptable and unacceptable physical contact and comfortable/uncomfortable physical contact.

R13 - Know and use the correct names for the main parts of the body (including external genitalia).

R16 - Recognise and challenge stereotypes

### Key Knowledge

#### Puberty

The time when a child grows and develops into a young adult. Both your body and your feelings can change and develop. It can start at any age between 8 and 16 and it happens gradually over a few years.

#### Who can I talk to?



We need to know how we change as we grow up and how to keep ourselves safe.

### Key Vocabulary

media	changes	personal hygiene
physical contact	acceptable	unacceptable
stereotypes	privacy	rights
protect	puberty	period



### Our PSCHE Ground Rules...

- We listen to each other.
- We show respect.
- We support each other.
- We ask questions if we want to.
- We know we can talk to any adult in school if we want to talk or need help.