

# Health and Relationships Education Parent Consultation Year 4



# Welcome

# Year 4 PSHE curriculum overview for the Year 2020-2021

Topic/Theme Across School	Communication	Community	Health	Citizenship	Personal Relationships	HRE	Change & Reflection
Virtue	Kindness	Integrity	Resilience	Aspiration	Respect	Curiosity	
<b>Year 4</b>	<p>What does good communication need? Related Concepts: <b>swearing; slang; appropriate; recognising own triggers; consequence.</b></p>	<p>How do you build a community? Related Concepts: <b>leadership; communal values, courage, humility, trustworthiness.</b></p> <p>Geography link: <b>urban areas</b></p>	<p>How does someone become a good citizen? Related Concepts: <b>responsibility; environmental health; responsibility; animals.</b></p> <p>Geography link: <b>water cycle</b></p>	<p>What does a healthy body need? Related Concepts: <b>drugs (legal and illegal; including alcohol and tobacco); disability.</b></p> <p>Science link: <b>Animals, including humans</b></p>	<p>How does someone build a good relationship? Related concepts: <b>families/ respect for differences; marriage.</b></p>	<p><u>Medway &amp; PSHE Association:</u> Puberty: time to change; Puberty: menstruation and wet dreams; Puberty: emotions and feelings</p> <p>Menstruation Adolescent body Being Safe Prevention Permission seeking &amp; giving</p>	



*Where you can see Key Questions don't match the whole school theme, is where the topic has been moved as it links to another area of the curriculum the children are learning (such as History)*

# Relationships Education

The relationships aspect of the curriculum is covered throughout the year as it includes teaching about being part of a community, being a citizen, anti-bullying (with our work with the Anti-Bullying Ambassadors) and e-safety which is predominantly covered in our Computing curriculum.

This is what is covered in the **Personal Relationships** unit.

**2019-2020**

What is a good relationship?

Related concepts:  
strangers;  
working  
relationships



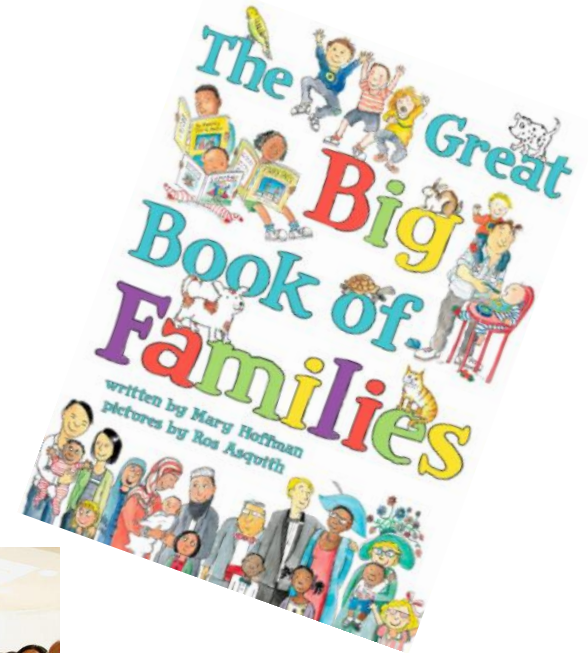
**2020-2021**

How does  
someone build a  
good  
relationship?

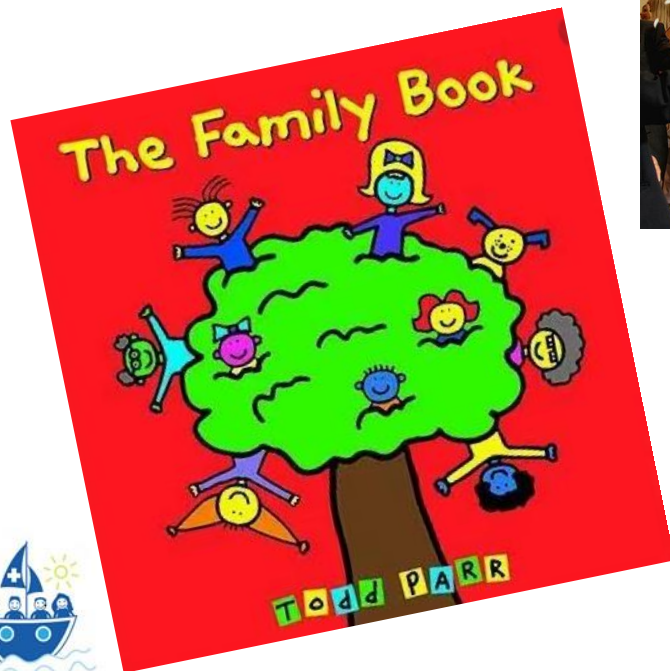
Related  
concepts:  
**families/ respect  
for differences;  
marriage.**

# Relationships Education

We will use picture books such as The Family Book to share images of different types of families as well as the different types of things that families do- take care of each other, show love towards each other. The children will also look at images of different marriage ceremonies to think about the concept of marriage.



At Cyril Jackson, our aim is to ensure that ALL children feel included and that they and their families are respected and recognised. You can see this reflected in our vision and aims.



# Questions?



# Health Education

Here we have our overview of teaching about **Health Unit** for Year 4. You can see here that there has been no change to this sequence of lessons.

**2019-2020**

What does a healthy body need?

(drugs and medicines)

NB: Would prefer in Autumn to coincide with Science Topic

Related Concepts: drugs (legal and illegal); disability



**2020-2021**

What does a healthy body need?

Related


Concepts: **drugs (legal and illegal; including alcohol and tobacco); disability.**

Science link:

Animals, including humans

# Health Education

Look at this image. What are your.....?



Questions	Feelings	Thoughts
What is this used for?	Confused - because you never know what it might be - a drug or a medicine	If it's a drug, it can't harm you
Is it dangerous?	Worried about what might happen to you if you took it	It think it isn't harmful
What is this?	Scared because it could kill you	I think it could be helpful
If it's dangerous, would something happen to you?	Frightened because a child might take it and something might happen to them	If you gave it to a pet it might kill them
Is it harmful or is it useful?	Happy because if you had a serious illness and you took it, it would make you better	It may not be good for you because some drugs are good and some are bad
What sort of medicine is it?		
Can children take it?		
Is it lethal if you have too much of it?		
What would happen if you took all of it?		



Building on teaching in Year 2 about medicines, children will be able to ask questions, share their feelings and their thoughts about drugs (including substances such as caffeine, alcohol and tobacco). They will also learn about labelling on medicines, what the information means and who gives medicines.

# Health Education

2019-2020

2020-2021

Health Unit

Christopher Winter Project

Growing up

Medway & PSHE

Association:

Puberty: time to change; Puberty: menstruation and wet dreams; Puberty: emotions and feelings

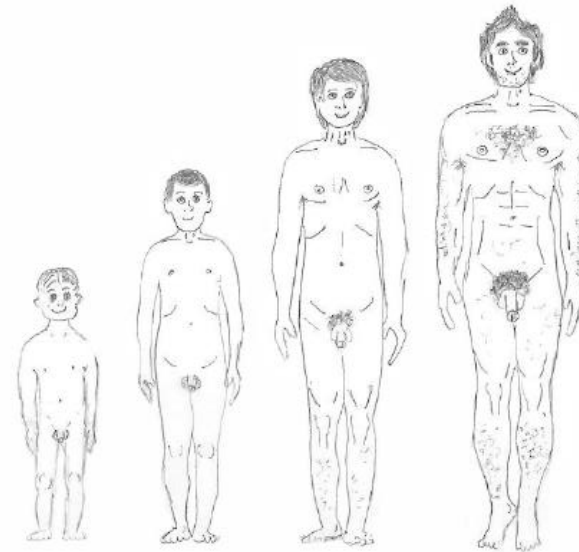
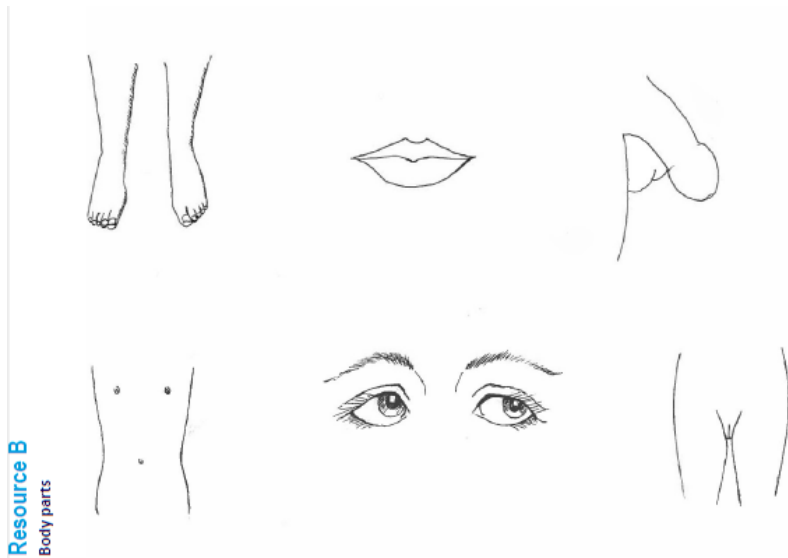
Menstruation  
Adolescent body  
Being Safe  
Prevention  
Permission seeking & giving

<p><b>Puberty: Time to Change</b> Learning Objectives: The physical changes experienced during puberty</p> <p>Learning Outcomes: • identify some of the physical changes</p>	<p><b>Puberty: Menstruation &amp; Wet Dreams</b> Learning Objectives: About the biological changes that happen to females during puberty</p>	<p><b>Puberty: Emotions &amp; Feelings</b> Learning Objectives: • how and why emotions may change during puberty • about getting appropriate help, advice and support about puberty</p>
<p>that happen to bodies during puberty • explain that puberty begins and ends at different times for different people • use scientific vocabulary for external male and female body parts/genitalia</p>	<p>Learning Outcomes: • use scientific vocabulary for external and internal male and female body parts • explain what happens during menstruation (periods) • explain what is meant by ejaculation and wet dreams</p>	<p>Learning Outcomes: • describe how emotions and relationships may change during puberty • explain where we can get the help and support we need in relation to puberty.</p>





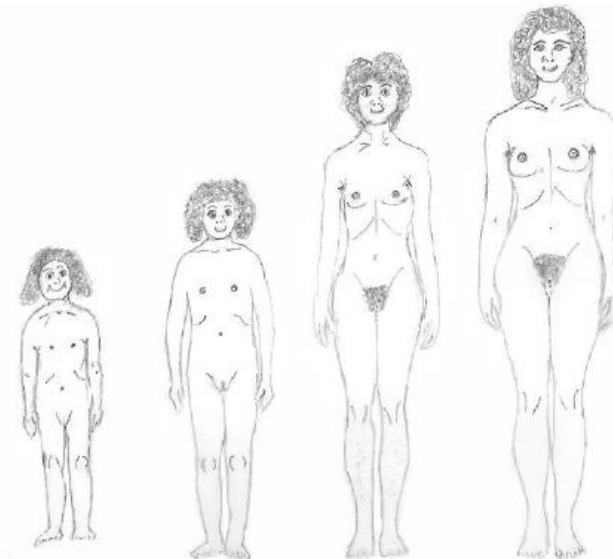
# Health Education



From Year 4, children will be taught in single-sex groups. They will be taught the same content to help develop empathy for their peers.

Children will learn about the changes that will happen to the female and male bodies as they go through puberty.

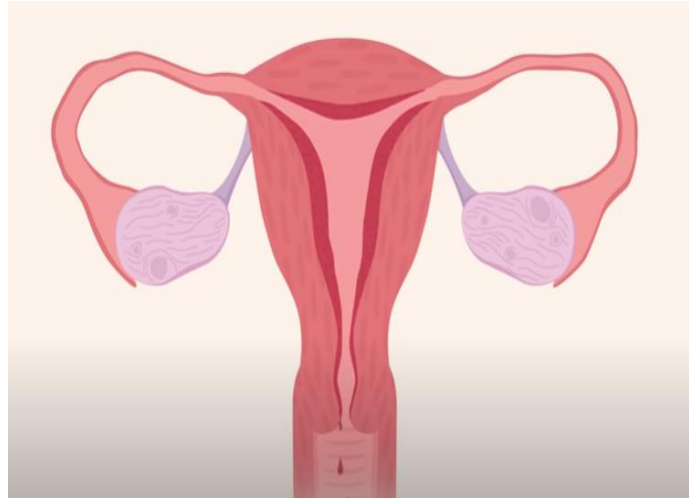
They will use scientific vocabulary, as they have in earlier years, to name body parts.



# Health Education

A voiceover narrates the menstrual cycle, shown using the cartoon on the right.

The video explains the release of an egg and how a period will happen if there is no pregnancy. NO mention of how an egg is fertilised.



[https://www.youtube.com/watch?v=vXrQ\\_FhZmos](https://www.youtube.com/watch?v=vXrQ_FhZmos)

Children will learn what happens when males experience a wet dream. You can see the explanation on the right.

**Testosterone is produced by the body (inside the testicles).**

**Sperm is produced and stored inside the testicles.**

**Semen, the fluid containing sperm, is carried along the urethra.**

**Through ejaculation, the semen comes out of the penis.**

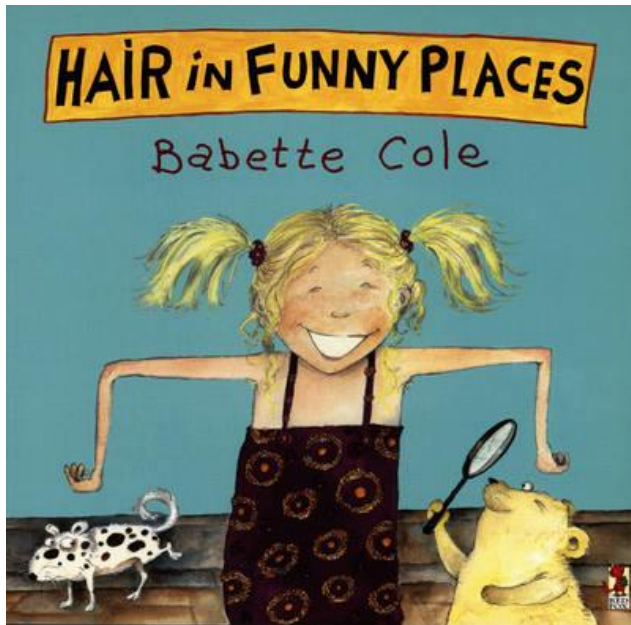
**This is commonly called a wet dream.**



# Health Education

To discuss the emotional changes that happen in puberty, teachers will use *Hair in Funny Places* to lead discussions. The focus will be on recognising emotional changes and strategies to help our young people cope with these changes.

It is a humorous book, designed to show that children are not alone in going through these changes that their own parents will have encountered the same feelings that they are going through!



Using statements such as these, teachers will be able to explain to children how their moods may change and children will be able to explore how to seek advice to problems- such as speaking to an adult or finding a book on the topic.

- Taz feels moody all the time and Dad has told Taz to 'snap out of it'
- Brook is feeling worried about the physical changes that will happen
- Faris feels angry about really small things and shouts at his mum which upsets her
- Jules has a crush on someone in the same class
- Rabiah is feeling anxious because she has just started her period and is at school



# Questions?



# Final Comments



# Thank You

