

Year 4 "Changing Me" Relationships and Sex Education at Burford Primary School

Theme	Lesson Content & vocabulary	PSHE learning intention	Social & Emotional Development Learning Intention
<p>Understand that everyone is unique and special</p> <p>Relationships Ed Health Education</p>	<p>Unique Me</p> <ul style="list-style-type: none"> • Personal • Unique • Characteristics • Parents • Gene 	<p>I understand that some of my personal characteristics have come from my birth parents</p>	<p>I appreciate that I am a truly unique human being</p>
<p>Understand that each person's body belongs to them</p> <p>Relationships Ed</p>	<p>The male and female body parts</p> <ul style="list-style-type: none"> • Penis • Testicles • Vagina • Breasts 	<p>I can correctly label the external parts of the male and female body</p>	<p>I understand that these parts of the body are private</p>
<p>Understand and respect the changes that they see in other people</p> <p>Relationships Ed</p>	<p>Circles of Change</p> <ul style="list-style-type: none"> • Circle • Seasons • Change • Control 	<p>I know how the circle of change works and can apply it to changes I want to make in my life</p>	<p>I am confident enough to try to make changes when I think they will benefit me</p>
<p>Know who to ask for help if they are worried about change</p> <p>Health Education</p>	<p>Accepting Change</p> <ul style="list-style-type: none"> • Range of emotions • Control • Change • Acceptance 	<p>I can identify changes that have been and may continue to be outside of my control that I learnt to accept</p>	<p>I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</p>
<p>Are looking forward to change</p> <p>Health Education</p>	<p>Looking Ahead</p> <ul style="list-style-type: none"> • Change • Hope • Manage • Cope • Opportunities • Emotions • Fear, anxious 	<p>I can identify what I am looking forward to when I move to my next class.</p>	<p>I can start to think about changes I will make next year and know how to go about this.</p>