

# Year 4 RHSE Curriculum

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<a href="#">Trust and Bullying</a> <a href="#">Charity</a>	<a href="#">Respect</a>	<a href="#">Nutrition and Dental Health</a>	<a href="#">Money Matters</a>	<a href="#">Keeping Safe</a> <a href="#">First Aid</a>	<a href="#">Emergency Situations</a>

Click the link to go to the correct section for each half term.  
Scroll to see individual sessions

**The sessions in Unit 2 – Personal Relationships help children to develop a more complex appreciation of different family structures, develop healthy relationships with family and friends and learn some strategies to use when relationships become difficult. Teaching also covers how to recognise discrimination and bullying, both physical and emotional. Children will learn strategies to develop resilience and resist pressure.**

### **Prayer**

Dear God,

Thank you for giving me everything I need to survive.

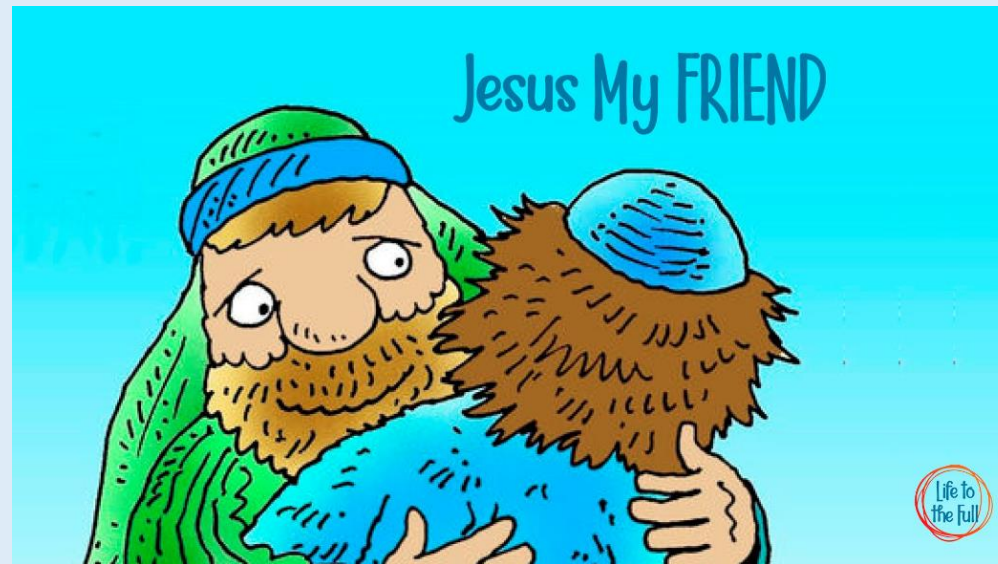
Thank you for looking after me and my family.

Help me to follow your way of doing and being right.

Amen

## Autumn 1 – Trust and Bullying

### Session 1 – Jesus My Friend



#### What happens in these sessions?

Through the parable of The Prodigal Son, children will learn that God loves us, and nothing we can do will stop him from loving us. Through the story of the two brothers, children will learn about different types of sin, and the importance of forgiveness in relationships.

#### What do children learn?

- That Jesus loves, embraces, guides, forgives and reconciles us with Him and one another
- The importance of forgiveness and reconciliation in relationships, and some of Jesus' teaching on forgiveness
- That relationships take time and effort to sustain
- We reflect God's image in our relationships with others: this is intrinsic to who we are and to our happiness

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#### Suggested Home Activity

You might like to talk to your child about how they sustain the relationships in their life and what else they might do to nurture them, for example:

- Might a grandparent welcome a handwritten letter or drawing?
- Do their pets receive the same amount of care that they did when they first arrived?
- What about writing thank you letters after receiving birthday and Christmas gifts?

Discuss any other ideas they might have.

## Autumn 1 – Trust and Bullying

### Session 2 – Family, Friends and Others



#### **What happens in this session?**

This session will help children to identify more complex relationships in their lives, including family, friends and other people; they will explore how to relate to people within these different relationships. Children will also discuss what it means to be a good friend and learn some strategies to use when relationships become difficult.

#### **What do children learn?**

- Ways to maintain and develop good, positive, trusting relationships; strategies to use when relationships go wrong
- That there are different types of relationships including those between acquaintances, friends, relatives and family
- That good friendship is when both persons enjoy each other's company and also want what is truly best for the other
- The difference between a group of friends and a 'clique'

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#### **Suggested Home Activity**

Pupils have been learning about the importance of family and you might like to schedule in some family time this weekend. Perhaps each member of the family could write down or say what it is that they like best to do as a family. Maybe it's cooking and eating a meal, going to the park, all watching the same thing on TV together, playing a game or going swimming. Could each idea be done over the next few weekends? Or at least planned for, if the ideas require a little more time and effort.

## Autumn 1 – Trust and Bullying

### Session 3 – When Things Feel Bad



#### What happens in this session?

In this session, children will discuss the nature and consequences of discrimination and teasing, and learn how to recognise bullying and abuse in all its forms. This session includes learning about physical bullying and emotional online bullying. Children will take part in role-playing activities to consider how bullying affects people, and strategies to develop resilience and resist pressure.

#### What do children learn?

- Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying;
- Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond.

#### Suggested Home Activity

Pupils have been learning about bullying so this is a good occasion to have a chat with your child and find out what he or she knows about this topic.

If you're wondering how you might start the conversation, you could begin by talking about the behaviour of a bullying character you've both seen on TV. Or you might say that a friend of yours is experiencing bullying and ask what advice your child would give.

You might also find it useful to look up information on the [NSPCC website](https://www.nspcc.org.uk).

In Unit 2 – Living in the Wider World, children will learn some of the principles of Catholic Social Teaching from Together For The Common Good, which will help them to live in communities in the way God intends. Teaching includes the common good, the human person, social relationships and stewardship.



# The LORD'S Prayer

Our Father, Who art in heaven, hallowed be Thy name.  
Thy kingdom come;  
Thy will be done on earth as it is in heaven.  
Give us this day our daily bread; and forgive us our trespasses  
as we forgive those who trespass against us.  
And lead us not into temptation, but deliver us from evil.  
Amen.





## Autumn 1 – Charity

### Session 1 – A Community of Love



#### What happens in this session?

Through a story about a girl called Lucy who is learning about the Trinity, children will apply Lucy's story to their developing understanding of the community aspect of the Trinity and be encouraged to think about what the Trinity means for them and their communities. This session briefly discusses marriage and likens the love of a family to the love between the Trinity.

#### What do children learn?

- God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship'
- The human family is to reflect the Holy Trinity in mutual charity and generosity

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#### Suggested Home Activity

We've been learning about the Trinity: the three persons (God the Father, Son and Holy Spirit) in one God. You might like to continue this thinking about three-in-one by playing a game with your child of finding words that have three meanings. For example:

- The exact same word with different meanings, e.g. Bank (of a river; for money; a plane turning in the sky)
- Words that sound the same but are spelt differently, e.g. praise, preys, prays

What else can you think of together?



**What happens in this session?**

In this session, children will learn about the wider Church and its mission to reflect the Holy Trinity through love for others. This session will also introduce the principles of Catholic Social Teaching (from Together For The Common Good), which will be explored further in the next Unit.

**What do children learn?**

- The human family can reflect the Holy Trinity in charity and generosity
- The Church family comprises of home, school and parish (which is part of the diocese)

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**Suggested Home Activity**

We've been learning about the early Church and how it has grown into the Church we know today. Next time you are at your church, stay behind a little afterwards and see if you can find any of these things:

- The symbol of a fish – This was a secret symbol of Christianity used at times of persecution
- The baptismal font
- Stations of the cross
- Statues or pictures of the saint to whom your Parish Church is dedicated
- Tabernacle
- Candles: how many, where, why there?





**What happens in this session?**

This lesson explores how we can put love into action in the communities we live in. We look at how the Church has grown out of God's love for us and how it can be an example and a means of loving and caring for others.

**What do children learn?**

- To know that God wants His Church to love and care for others
- To devise practical ways of loving and caring for others

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**Suggested Home Activity**

In class, we've been looking at how we love others through good deeds and at the work of particular charities. You might like to talk with your child about how charities can make a difference in the world.

Here's a fun conversation starter: The money that the Lottery raises is given to charities and good causes. If you were in charge of the lottery, which good causes would you give the money to? Why?

Session	Key Learning
1 – A fantastic friend	This lesson introduces the idea of respect through examining friendship and the qualities of a fantastic friend
2 – I don't it when...	This lesson helps pupils to develop skills of assertiveness.
3 – When friendships go wrong	This lesson looks at conflict and conflict resolution in friendships.
4 – Five fingers	This lesson helps pupils to consider trust as an important element of respect.
5 – It's only a joke	This lesson considers teasing as a form of bullying and links it with respect.

## Spring 1 – Nutrition and Dental Health

Session	Key Learning
1 – Healthy food, healthy me	This lesson looks at healthy and unhealthy diets.
2 – Unhealthy choices, unhealthy me!	A look at the fats, hidden salt and sugar found in 'fast food and drinks'
3 – Chef for the day!	Pupils create salads for their lunch using a wide range of ingredients to encourage creativity
4 – Looking after myself	A look at ill health. How do we know when we are not well? Does our body give us warning signs? How can we listen to ourselves better and make the right choices to prevent illness? Where can we go for help?
5 – Looking after my teeth	Pupils learn about teeth and dental hygiene.

Session	Key Learning
1 – What is money?	Where does money come from? What can people do with money?
2 – How does society manage our money?	This lesson teaches pupils about different ways to pay; borrowing, loans and debt; salaries and taxes; and government support.
3 – What can I do to make money in the future?	Pupils explore options for different work/making money.
4 – Enterprise project – let's be entrepreneurs!	This and the next lesson give the class a chance to work as a team to develop an idea to be enterprising, run a 'business' and see if they can make a profit.
5 – Enterprise project – let's be entrepreneurs!	

## Summer 1– Keeping Safe

**Unit 3 – Keeping Safe** incorporates some of the excellent NSPCC Share Aware resources, as well as teaching on bullying and physical, emotional and sexual abuse through a series of animated stories. Through the animated expert Dr Datfa, children will also learn in greater depth about the effects of drugs, alcohol and tobacco and how to make good choices concerning these as they get older. The final session of the Module explores in more detail what to do in emergency situations.

## Summer 1 – Keeping Safe

### Session 1 – Sharing Online



#### What happens in this session?

Integrating the **NSPCC Share Aware** programme, this session introduces the digital world as one that children need to take steps to stay safe in, just like the real world. This session focuses on how quickly things can be shared around the world online, including photos, passwords and other personal information. Children will discuss how this can be damaging and dangerous, and will learn steps they can use to keep themselves safe.

#### What do children learn?

- To recognise that their increasing independence brings increased responsibility to keep themselves and others safe
- How to use technology safely
- That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others
- How to report and get help if they encounter inappropriate materials or messages

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#### Suggested Home Activity

[This link](https://www.nspcc.org.uk/keeping-children-safe/online-safety/) takes you to some useful resources on this rapidly changing topic and will help you to help your child make safe choices.

You can find out how to set parental controls on your home devices [here](https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/).



## Summer 1 – Keeping Safe

### Session 2 – Chatting Online



#### What happens in this session?

Integrating the **NSPCC Share Aware** programme, this session continues discussing steps children need to take to stay safe online. This session focuses particularly on chatting and cyberbullying; it helps children to know how they can report and get help if they encounter inappropriate messages or material.

#### What do children learn?

- How to use technology safely
- That bad language and bad behaviour are inappropriate
- That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others
- How to report and get help if they encounter inappropriate materials or messages

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#### Suggested Home Activity

You child will have seen [this](#) video in school. Why not watch it together and talk with them about what they learnt about staying safe online.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

## Summer 1 – Keeping Safe

### Session 3 – Physical Contact



#### **What happens in this session?**

This session follows on from the previous two internet safety sessions, by moving into the real world and considering what physical contact is appropriate and inappropriate. Children will be introduced to the term 'abuse' and discuss different kinds of abuse, including 'abuse of private parts'. Children will be asked to think of trusted adults that they can talk to about any issues they may face.

#### **What do children learn?**

- To judge well what kind of physical contact is acceptable or unacceptable and how to respond
- That there are different people we can trust for help, especially those closest to us who care for us, including our teachers and parish priest

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#### **Suggested Home Activity**

It would be good to talk to your child about which people, both inside and outside the family, they feel comfortable having conversations with about anything that is worrying them or if they need help.

If they generally find it hard to raise issues, perhaps you could agree a way of making this easier. For example, signalling that they'd like to talk by drawing an emoji on a pad left in the kitchen for that purpose or having a check in time at the end of the day when both of you say how the day has been.

## Summer 1 – Keeping Safe

### Session 4 – Drugs, Alcohol and Tobacco



#### **What happens in this session?**

In this session, pupils will learn some key information and facts about drugs, alcohol and tobacco, with input from animated expert Dr Datfa. The teaching is underpinned with the religious understanding that consuming these substances is harmful to our bodies, and therefore God's creation. Pupils will consider a range of scenarios in order to learn about making the right choices when it comes to substances.

#### **What do children learn?**

- Medicines are drugs, but not all drugs are good for us
- Alcohol and tobacco are harmful substances
- Our bodies are created by God, so we should take care of them and be careful about what we consume

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#### **Suggested Home Activities**

- Ask your child to write a quiz about drugs/alcohol/tobacco for their friends and family to answer.
- Facilitate your child interviewing a friend or family member who has given up smoking.
- Have your child draw a picture of the human body and label with the effects of drugs, alcohol and tobacco. They can do further research online if they wish.

## Summer 1 – Keeping Safe

### Session 5 – First Aid Heroes



#### **What happens in this session?**

In this session, pupils will learn how First Aid, quick reactions and staying calm during an emergency can make the difference between life and death. Pupils will role play some 'Pride of Britain' style scenarios in which children save lives, with Dr Datfa featuring as host. Children will learn that they don't need to feel daunted, because God holds us up and gives us strength.

#### **What do children learn?**

- In an emergency, it is important to remain calm
- Quick reactions in an emergency can save a life
- Children can help in an emergency using their First Aid knowledge

#### **Suggested Home Activities**

- Invite children to research the 'Pride of Britain' awards, especially the 'child of courage' award.
- Suggest that pupils interview a family member/friend who has experienced an emergency situation to see what it was like.
- Your child could type up the story/newspaper report they wrote in the session.

**1. Help the casualty to sit down**

- Reassure them
- Encourage slow breaths



**3. Call 999/112 if attack is not easing**



**2. Assist them to use their reliever inhaler**

- Casualty can take one or two puffs every two minutes
- Maximum 10 puffs
- A mild attack should ease in a few minutes



**4. Reassure casualty**

- Stay with them until the ambulance arrives

**Remember:** Your casualty could become unresponsive. Be prepared to perform CPR.

## Summer 2 – Emergency Situations

Session	Key Learning
1 – What is an emergency?	This lesson allows pupils to explore what constitutes an emergency.
2 – First Aid	This lesson focuses on pupils' understanding of when first aid might be required.
3 – Fire safety	Pupils discuss potential fire safety hazards and how these can be avoided, as well as looking at the fire hazard prevention measures within school and in their own homes.
4 – Water safety	This lesson focuses on the dangers which water poses
5 – Celebrating our emergency services	This lesson focuses on the jobs within the emergency services that are behind the scenes and on the importance of celebrating and appreciating the work done by the emergency services.