

## DfE Relationships and Health Education Requirements: Year 4

<b>Me and My Relationships</b>		
<b>DfE Statutory Requirements</b>	<b>SCARF Lesson Plan Title</b>	<b>SCARF Lesson Plan Learning Outcomes</b>
CF2, CF3, MW3, MW6, MW7	An email from Harold!	<ul style="list-style-type: none"> <li>- Describe 'good' and 'not so good' feelings and how feelings can affect our physical state;</li> <li>- Explain how different words can express the intensity of feelings.</li> </ul>
CF2, CF3, CF4, CF5, RR1, RR2, RR3, RR5, HE3	Ok or not ok? (1)	<ul style="list-style-type: none"> <li>- Explain what we mean by a 'positive, healthy relationship';</li> <li>- Describe some of the qualities that they admire in others.</li> </ul>
CF2, CF4, CF5, RR1, RR4, RR5, OR1, OR2, HE3	Ok or not ok? (2)	<ul style="list-style-type: none"> <li>- Recognise that there are times when they might need to say 'no' to a friend;</li> <li>- Describe appropriate assertive strategies for saying 'no' to a friend.</li> </ul>
RR2	Human machines	<ul style="list-style-type: none"> <li>- Demonstrate strategies for working on a collaborative task;</li> <li>- Define successful qualities of teamwork and collaboration.</li> </ul>
MW1, MW2, MW3, MW4	Different feelings	<ul style="list-style-type: none"> <li>- Identify a wide range of feelings;</li> <li>- Recognise that different people can have different feelings in the same situation;</li> <li>- Explain how feelings can be linked to physical state.</li> </ul>
MW3, MW4	When feelings change	<ul style="list-style-type: none"> <li>- Demonstrate a range of feelings through their facial expressions and body language;</li> <li>- Recognise that their feelings might change towards someone or something once they have further information.</li> </ul>
RR1, RR6, MW8, ISH5	Under pressure	<ul style="list-style-type: none"> <li>- Give examples of strategies to respond to being bullied, including what people can do and say;</li> <li>- Understand and give examples of who or where pressure to behave in an unhealthy, unacceptable or risky way might come from.</li> </ul>
<b>Valuing Difference</b>		
<b>DfE Statutory Requirements</b>	<b>SCARF Lesson Plan Title</b>	<b>SCARF Lesson Plan Learning Outcomes</b>
CF1, CF2, CF3, CF4, CF5, RR1, RR2, RR3, RR5, OR2, OR4	Can you sort it?	<ul style="list-style-type: none"> <li>- Define the terms 'negotiation' and 'compromise';</li> <li>- Understand the need to manage conflict or differences and suggest ways of doing this, through negotiation and compromise.</li> </ul>
CF5, RR8, BS1, BS3, BS5, MW4	Islands	<ul style="list-style-type: none"> <li>- Understand that they have the right to protect their personal body space;</li> <li>- Recognise how others' non-verbal signals indicate how they feel when people are close to their body space;</li> <li>- Suggest people they can talk to if they feel uncomfortable with other people's actions towards them.</li> </ul>
FPC1, FPC2, CF1, CF2, RR1	Friend or acquaintance?	<ul style="list-style-type: none"> <li>- Recognise that they have different types of relationships with people they know (e.g. close family, wider family, friends, acquaintances);</li> <li>- Give examples of features of these different types of relationships, including how they influence what is shared.</li> </ul>
FPC3, CF4, CF5, RR1, RR2, RR3, RR5, RR6, BS1	What would I do?	<ul style="list-style-type: none"> <li>- List some of the ways that people are different to each other (including differences of race, gender, religion);</li> <li>- Recognise potential consequences of aggressive behaviour;</li> <li>- Suggest strategies for dealing with someone who is behaving aggressively.</li> </ul>
FPC3, CF3, RR1, RR2, RR5	The people we share our world with	<ul style="list-style-type: none"> <li>- List some of the ways in which people are different to each other (including ethnicity, gender, religious beliefs, customs and festivals);</li> <li>- Define the word respect and demonstrate ways of showing respect to others' differences.</li> </ul>
RR7, OR5, ISH2, ISH5, ISH6	That is such a stereotype!	<ul style="list-style-type: none"> <li>- Understand and identify stereotypes, including those promoted in the media.</li> </ul>
<b>Keeping Myself Safe</b>		

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OR4, BS4, BS5, ISH2, PHF3, HE3, DAT1, HP2	Danger, risk or hazard?	<ul style="list-style-type: none"> <li>- Define the terms 'danger', 'risk' and 'hazard' and explain the difference between them;</li> <li>- Identify situations which are either dangerous, risky or hazardous;</li> <li>- Suggest simple strategies for managing risk.</li> </ul>
OR3, OR5, ISH3, ISH5	Picture Wise	<ul style="list-style-type: none"> <li>- Identify images that are safe/unsafe to share online;</li> <li>- Know and explain strategies for safe online sharing;</li> <li>- Understand and explain the implications of sharing images online without consent.</li> </ul>
CF5, RR4, RR6, OR2, BS1, BS6, MW4	How dare you!	<ul style="list-style-type: none"> <li>- Define what is meant by the word 'dare';</li> <li>- Identify from given scenarios which are dares and which are not;</li> <li>- Suggest strategies for managing dares.</li> </ul>
DAT1, HP5	Medicines: check the label	<ul style="list-style-type: none"> <li>- Understand that medicines are drugs;</li> <li>- Explain safety issues for medicine use;</li> <li>- Suggest alternatives to taking a medicine when unwell;</li> <li>- Suggest strategies for limiting the spread of infectious diseases (e.g. hand-washing routines).</li> </ul>
HE3, DAT1	Know the norms (formerly Tell Mark II)	<ul style="list-style-type: none"> <li>- Understand some of the key risks and effects of smoking and drinking alcohol;</li> <li>- Understand that increasing numbers of young people are choosing not to smoke and that not all people drink alcohol (Social Norms theory).</li> </ul>
CF3, CF5, RR4, RR6, OR3, DAT1	Keeping ourselves safe	<ul style="list-style-type: none"> <li>- Describe stages of identifying and managing risk;</li> <li>- Suggest people they can ask for help in managing risk.</li> </ul>
OR5, BS1, ISH2, ISH6	Raisin Challenge (2)	<ul style="list-style-type: none"> <li>- Understand that we can be influenced both positively and negatively;</li> <li>- Give examples of some of the consequences of behaving in an unacceptable, unhealthy or risky way.</li> </ul>
<b>Rights and Responsibilities</b>		
DfE Statutory Requirements	SCARF Lesson Plan Title	SCARF Lesson Plan Learning Outcomes
BS6, BS7, BS8, PHF4	Who helps us stay healthy and safe?	<ul style="list-style-type: none"> <li>- Explain how different people in the school and local community help them stay healthy and safe;</li> <li>- Define what is meant by 'being responsible';</li> <li>- Describe the various responsibilities of those who help them stay healthy and safe;</li> <li>- Suggest ways they can help the people who keep them healthy and safe.</li> </ul>
Wider PSHE curriculum (not covered by DfE statutory requirements)	It's your right	<ul style="list-style-type: none"> <li>- Understand that humans have rights and also responsibilities;</li> <li>- Identify some rights and also responsibilities that come with these.</li> </ul>
RR3, RR5, OR2, OR3, BS2	How do we make a difference?	<ul style="list-style-type: none"> <li>- Understand the reason we have rules;</li> <li>- Suggest and engage with ways that they can contribute to the decision making process in school (e.g. through pupil voice/school council);</li> <li>- Recognise that everyone can make a difference within a democratic process.</li> </ul>
RR3, OR4, OR5, ISH2, ISH6, ISH7	In the news!	<ul style="list-style-type: none"> <li>- Define the word influence;</li> <li>- Recognise that reports in the media can influence the way they think about a topic;</li> <li>- Form and present their own opinions based on factual information and express or present these in a respectful and courteous manner.</li> </ul>
RR5, RR6, BS7	Safety in numbers	<ul style="list-style-type: none"> <li>- Explain the role of the bystander and how it can influence bullying or other anti-social behaviour;</li> <li>- Recognise that they can play a role in influencing outcomes of situations by their actions.</li> </ul>

Wider PSHE curriculum (not covered by DfE statutory requirements)	Logo quiz	<ul style="list-style-type: none"> <li>- Understand some of the ways that various national and international environmental organisations work to help take care of the environment;</li> <li>- Understand and explain the value of this work.</li> </ul>
Wider PSHE curriculum (not covered by DfE statutory requirements)	Harold's expenses	<ul style="list-style-type: none"> <li>- Define the terms 'income' and 'expenditure';</li> <li>- List some of the items and services of expenditure in the school and in the home;</li> <li>- Prioritise items of expenditure in the home from most essential to least essential.</li> </ul>
Wider PSHE curriculum (not covered by DfE statutory requirements)	Why pay taxes?	<ul style="list-style-type: none"> <li>- Explain what is meant by the terms 'income tax', 'National Insurance' and 'VAT';</li> <li>- Understand how a payslip is laid out showing both pay and deductions;</li> <li>- Prioritise public services from most essential to least essential.</li> </ul>

### Being My Best

DfE Statutory Requirements	SCARF Lesson Plan Title	SCARF Lesson Plan Learning Outcomes
RR1, RR2, RR4	What makes me ME! (formerly Diversity World)	<ul style="list-style-type: none"> <li>- Identify ways in which everyone is unique;</li> <li>- Appreciate their own uniqueness;</li> <li>- Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.</li> </ul>
CF2, RR1, OR4	Making choices	<ul style="list-style-type: none"> <li>- Give examples of choices they make for themselves and choices others make for them;</li> <li>- Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.</li> </ul>
PHF1, PHF2, HE1, HE2, HE3, HP3	SCARF Hotel (formerly Diversity World Hotel)	<ul style="list-style-type: none"> <li>- Understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health;</li> <li>- Plan a menu which gives a healthy balanced of foods from across the food groups on the Eatwell Guide (formerly Eatwell Plate).</li> </ul>
Wider PSHE curriculum (not covered by DfE statutory requirements)	Harold's Seven Rs	<ul style="list-style-type: none"> <li>- Understand the ways in which they can contribute to the care of the environment (using some or all of the seven Rs);</li> <li>- Suggest ways the Seven Rs recycling methods can be applied to different scenarios.</li> </ul>
Wider PSHE curriculum (not covered by DfE statutory requirements)	My school community (1)	<ul style="list-style-type: none"> <li>- Define what is meant by the word 'community';</li> <li>- Suggest ways in which different people support the school community;</li> <li>- Identify qualities and attributes of people who support the school community.</li> </ul>
BFA1, BFA2	Basic first aid	<ul style="list-style-type: none"> <li>- See link to external resources for further information</li> </ul>

### Growing and Changing

DfE Statutory Requirements	SCARF Lesson Plan Title	SCARF Lesson Plan Learning Outcomes
MW2, MW3, MW9	Moving house	<ul style="list-style-type: none"> <li>- Describe some of the changes that happen to people during their lives;</li> <li>- Explain how the Learning Line can be used as a tool to help them manage change more easily;</li> <li>- Suggest people who may be able to help them deal with change.</li> </ul>
FPC1, FPC2, FPC4, CF5, RR2, MW3, MW4, CAB1	My feelings are all over the place!	<ul style="list-style-type: none"> <li>- Name some positive and negative feelings;</li> <li>- Suggest reasons why young people sometimes fall out with their parents;</li> <li>- Take part in a role play practising how to compromise.</li> </ul>
BS7, CAB1	All change!	<ul style="list-style-type: none"> <li>- Identify parts of the body that males and females have in common and those that are different;</li> <li>- Know the correct terminology for their genitalia;</li> <li>- Understand and explain why puberty happens.</li> </ul>

CAB1, CAB2	Period positive	<ul style="list-style-type: none"> <li>- Recognise that babies come from the joining of an egg and sperm;</li> <li>- Explain what happens when an egg doesn't meet a sperm;</li> <li>- Understand that periods are a normal part of puberty for girls;</li> <li>- Identify some of the ways they can cope better with periods.</li> </ul>
RR8, BS1, BS2, BS3, BS4, BS5, BS7, MW2, MW3	Secret or surprise?	<ul style="list-style-type: none"> <li>- Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;</li> <li>- Recognise how different surprises and secrets might make them feel;</li> <li>- Know who they could ask for help if a secret made them feel uncomfortable or unsafe.</li> </ul>
FPC3, FPC4, FPC5, CF1, CF2, CF4, CF5, RR1	Together	<ul style="list-style-type: none"> <li>- Recognise that marriage includes same sex and opposite sex partners;</li> <li>- Know the legal age for marriage in England or Scotland;</li> <li>- Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.</li> </ul>