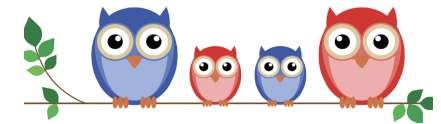


As a Year Four Life Skills Learner I will know...

<p><u><i>Families and Relationships</i></u> That families are varied in the UK and across the world. The different roles related to bullying including victim, bully and bystander. That everyone has the right to decide what happens to their body. The courtesy and manners which are expected in different scenarios. Some stereotypes related to disability. That bereavement describes the feeling someone might have after someone dies or another big change in their lives.</p>	<p><u><i>Citizenship</i></u> That human rights are specific rights that apply to all people. Some of the people who protect our human rights such as police, judges and politicians. That reusing items is of benefit to the environment. That councillors have to balance looking after local residents and the needs of the council. To know that there are a number of groups which make up the local community.</p>
<p><u><i>Health and Wellbeing</i></u> Key facts about dental health. That visualisation means creating an image in our heads. That a number of factors contribute to my physical health (diet, exercise, rest/relaxation, dental health). That a habit is a behaviour that we often do without thinking and that we can have good and bad habits. That a number of factors contribute to my mental health (diet, exercise, rest/relaxation). The effects technology can have on mental health.</p>	<p><u><i>Economic Wellbeing</i></u> That money can be lost in a variety of ways. The importance of tracking money. That many people will have more than one job or career in their lifetimes. Ways to overcome stereotypes in the workplace.</p>
<p><u><i>Safety and the Changing Body</i></u> That there are risks to sharing things online. The difference between private and public. The risks associated with smoking tobacco. The physical changes to both male and female bodies as people grow from children to adults. That asthma is a condition which causes the airways to narrow.</p>	



As a Year Four Life Skills Learner I can...

Families and Relationships

Use respectful language to discuss different families.
 Explore physical and emotional boundaries in friendships.
 Explore how my actions and behaviour can affect other people.
 Discuss how to help someone who has experienced a bereavement.

Citizenship

Discuss how we can help to protect human rights.
 Identify ways items can be reused.
 Explain why reusing items is of benefit to the environment.
 Identify the benefits different groups bring to the local community.
 Discuss the positives diversity brings to a community.

Health and Wellbeing

Develop independence in looking after my teeth.
 Identify what makes me feel calm and relaxed.
 Use visualisation as a tool to aid.
 Explore how my skills can be used to undertake certain jobs.
 Explore ways we can make ourselves feel happy or happier.
 Develop the ability to appreciate the emotions of others in different situations.
 Take responsibility for my emotions by knowing that I can control some things but not others.
 Develop a growth mindset.

Economic Wellbeing

Explore the factors which affect whether something is value for money.
 Discuss some impacts of losing money.
 Identify negative and positive influences that can affect our career choices.

Safety and the Changing Body

Discuss how to seek help if I need to.
 Understand what to do if an adult makes me feel uncomfortable.
 Understand the benefits and risks of sharing information online.
 Understand the benefits of being a non-smoker.
 Discussing some physical and emotional changes during puberty.
 Understand how to help someone who is having an asthma attack.