

## Year 4 - Yasmine and Tom - RSHE - Term 5 2024-2025

	Y+T lesson number	Y&T main objectives and our LO
<b>Week 1</b>	2 – Gender stereotypes and Aspirations	<b>LO: I can develop an understanding of gender stereotypes.</b> <ul style="list-style-type: none"> <li>• I can take part in a discussion and respond respectfully to someone I don't agree with.</li> <li>• I can describe what a stereotype is.</li> <li>• I can show respect to others who are different to me.</li> </ul>
<b>Week 2</b>	3 – Me, myself and I	<b>LO: I can develop a positive sense of self.</b> <ul style="list-style-type: none"> <li>• I can tell you at least one thing I am good at.</li> <li>• I can tell you one thing I can do to make myself feel better if I am feeling down.</li> </ul>
<b>Week 3</b>	6 – My personal and private body parts and keeping safe	<b>LO: I can use language for the personal and private parts of the body, understanding safe touch, personal space and consent.</b> <ul style="list-style-type: none"> <li>• I can label the personal and private parts of bodies.</li> <li>• I can explain the difference between safe and unsafe touches.</li> <li>• I know that no one has the right to touch us in a way that feels unsafe not even someone in our family.</li> </ul>
<b>Week 4</b>	7 – Body care	<b>LO: I can understand more about keeping clean and not spreading germs.</b> <ul style="list-style-type: none"> <li>• I can tell you at least one brilliant thing about my body.</li> <li>• I can explain which parts of the body I particularly need to keep clean as I get older.</li> </ul>

<b>Week 5</b>	7 (from UKS2) - Changes at puberty	<p><b>LO: I can understand some of the physical and emotional changes at puberty to mine and others' bodies.</b></p> <ul style="list-style-type: none"> <li>• I can identify some of the changes that will happen in my body and other bodies during puberty.</li> <li>• I can describe who to talk to when I need help dealing with the changes at puberty.</li> <li>• I can ask for support for any changes that are difficult to manage.</li> </ul>
<b>Week 6</b>	8 (from UKS2) - Periods (menstruation)	<p><b>LO: I can explain what a period (menstruation) is.</b></p> <ul style="list-style-type: none"> <li>• I can identify products that might be needed during menstruation</li> <li>• I can suggest ways to manage feelings and emotions during menstruation</li> </ul>