

Year 4

Me and my relationships

- I feel good about myself and my body
- I understand the language used to describe changes and feelings
- I understand that my body and emotions will change as I grow older
- I can recognise what love is
- I know that there are different kinds of families and partnerships
- I can respond appropriately to other people's feelings
- I can acknowledge that others have different points of view
- I can recognise the worth of other people
- I can recognise my worth as an individual
- I can identify positive things about myself and recognise my mistakes
- I can set personal goals

Keeping myself safe

I can describe what 'risk' means to me

- I can take responsibility for my own behaviour and safety and realise that actions have consequences
- I have some strategies to cope with peer influence and peer pressure
- I know that not everything on the internet is true and know what to do if I access something inappropriate
- I can use a range of online communication tools safely to exchange information and collaborate with others within and beyond my school e.g. school's learning platform, email, instant messaging, social networking, online gaming, and mobile phones
- I understand the need to keep some information private in order to protect myself when communicating online
- I begin to recognise how electronic communications may be used for manipulation or persuasion
- I can recognise and respond to issues of safety, relating myself and others and how to get help (includes risks in the home, road, water, electricity and personal safety)

My healthy lifestyle

- I can identify some factors that affect emotional health and wellbeing e.g. relationships with family and friends, stress levels, physical activity, diet, self-image, media
- I can make informed choices about healthy eating and exercising
- I know the importance of taking care of my own body, whilst respecting cultural differences
- I have a range of strategies for managing and controlling strong feelings and emotions

Me and My future

- I can demonstrate how to look after and save money
- I can begin to develop an understanding that people have different financial circumstances
- I can begin to understand the different values and attitudes that people have with regard to money
- I recognise the range of jobs carried out by people they know
- I can explain how I will develop skills for work in the future
- I understand and use larger sums of money in calculations
- I know a range of different ways to pay for things, some may involve debt or credit ('borrowing')
- I know that if you 'borrow' you have to pay back more (Muslim Sharia tradition is different)
- I am able to keep track of spending, keeping accurate records
- I am able to make informed choices about how to pay for something
- I can understand that I can pay for things without having enough money and that this has consequences (credit)
- I know that feelings about money can change
- I am able to take account of other peoples' feelings when making decisions
- I can make informed choices about charities, through prioritising, and in relation to my own values
- I am aware that the learning choices I make will affect my future options.
- I can talk positively about what I like to do and what I would like to do in the future

Becoming an active citizen

- I can recognise aggressive and anti-social behaviours and their effects on individuals and communities
- I can make informed choices about their environment
- I understand that there is great diversity locally and across the world which affects peoples' choices
- I can begin to respond to, or challenge, negative behaviours such as stereotyping and aggression
- I can describe some of the different beliefs and values in society, and demonstrate respect and tolerance towards people different from themselves

Moving on

- I can identify positive achievements during my time in Year 4
- I can explain what I am worried about and what I am looking forward to in Year 5
- I know what to expect when I start Year 5
- I can tell you about the changes I can make happen
- I can make some changes quickly and easily, and some changes are hard and can take a long time