**Progression of skills: PSHEE Year Four**

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| National Curriculum | * Non Statutory subject |
| Being me in my world | Being part of a class team  Being a school citizen  Rights, responsibilities and democracy  Rewards and consequences  Group decision-making  Having a voice  What motivates behaviour |
| Celebrating differences | Challenging assumptions  Judging by appearance  Accepting self and others  Understanding influences  Understanding bullying  Problem-solving  Identifying how special and unique everyone is  First impressions |
| Dreams and goals | Hopes and dreams  Overcoming disappointment  Creating new, realistic dreams  Achieving goals  Working in a group  Celebrating contributions  Resilience  Positive attitudes |
| Healthy me | Healthier friendships  Group dynamics  Smoking  Alcohol  Assertiveness  Peer pressure  Celebrating inner strength |
| Relationships | Jealousy  Love and loss  Memories of loved ones  Getting on and falling out  Girlfriends and boyfriends  Showing appreciation to people and animals |
| Changing me | Being unique  Having a baby  Girls and puberty  Confidence in change  Accepting change  Preparing for transition  Environmental change |
| Support |  |
| More Able |  |