**Progression of skills: PSHEE Year Four**

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| National Curriculum | * Non Statutory subject
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| Being me in my world | Being part of a class teamBeing a school citizenRights, responsibilities and democracyRewards and consequencesGroup decision-makingHaving a voiceWhat motivates behaviour |
| Celebrating differences | Challenging assumptionsJudging by appearanceAccepting self and othersUnderstanding influencesUnderstanding bullyingProblem-solvingIdentifying how special and unique everyone isFirst impressions  |
| Dreams and goals | Hopes and dreamsOvercoming disappointmentCreating new, realistic dreamsAchieving goalsWorking in a groupCelebrating contributionsResiliencePositive attitudes |
| Healthy me | Healthier friendshipsGroup dynamicsSmokingAlcoholAssertivenessPeer pressureCelebrating inner strength |
| Relationships | JealousyLove and lossMemories of loved onesGetting on and falling outGirlfriends and boyfriendsShowing appreciation to people and animals |
| Changing me | Being uniqueHaving a babyGirls and pubertyConfidence in changeAccepting changePreparing for transitionEnvironmental change |
| Support |  |
| More Able |  |