

RSHE year by year lesson content – Year 4

YEAR 4		
Autumn Term		Spring Term
Me and My Relationships	Valuing Difference	Keeping Safe
Lesson Plans Human machines Ok or not ok? (part 1) Ok or not ok? (part 2) (Updated 24 Mar 2026) An email from Harold! (Updated 24 Mar 2026) Different feelings When feelings change (OPTIONAL) Under pressure (Updated 24 Mar 2026)	Lesson Plans Can you sort it? (Updated 24 Aug 2025) What would I do? (Updated 30 Mar 2026) The people we share our world with (Updated 24 Mar 2026) That is such a stereotype! (Updated 30 Mar 2026) Friend or acquaintance? (Updated 24 Mar 2026) Islands	Lesson Plans Danger, risk or hazard? (Updated 08 Apr 2026) How dare you! (Updated 30 Mar 2026) Keeping ourselves safe (Updated 30 Mar 2026) Raisin challenge (2) (Updated 04 Aug 2025) Picture wise (Updated 08 Aug 2025) Medicines: check the label Know the norms (OPTIONAL) (Updated 08 Apr 2026) Traffic lights (OPTIONAL) (Updated 05 Mar 2026)
Spring Term	Summer Term	
Rights and Respect	Being my Best	Growing and Changing
Lesson Plans Who helps us stay healthy and safe? (Updated 11 Aug 2025) It's your right How do we make a difference? (Updated 05 Mar 2026) In the news! (Updated 04 Aug 2025) Safety in numbers (Updated 30 Mar 2026) Harold's expenses (OPTIONAL) (Updated 15 Aug 2025) Why pay taxes?	Lesson Plans What makes me ME! Making choices (Updated 08 Apr 2026) SCARF hotel (Updated 08 Apr 2026) Harold's Seven Rs (Updated 11 Aug 2025) My school community (1) Basic first aid Volunteering is cool (OPTIONAL)	Lesson Plans Moving house My feelings are all over the place! All change! (Updated 01 Apr 2026) Preparing for changes at puberty (Updated 08 Apr 2026) Adapted content of lessons for our setting Secret or surprise? Together (Updated 24 Mar 2026)

Lessons in Green are deemed to be sex education lessons as they explore puberty changes. Parents can request to withdraw their child from these.