

## Autumn term

Identity, society and equality:

Democracy

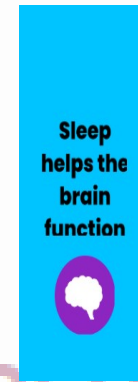
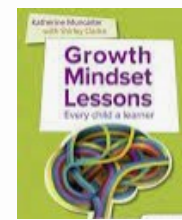
Drug, alcohol and tobacco education: Making choices

Internet Safety, how to stay safe and aware online



- Pupils learn that Britain is a democracy with different political parties who differ in their views.
- Pupils learn about the process of voting, how laws are made and the importance of following them.
- Pupils learn how local councils organise services.
- Pupils learn that there are drugs (other than medicines) that are common in everyday life (tobacco, nicotine products, alcohol and caffeine).
- Pupils learn why people choose to use everyday drugs as well as the associated effects and risks. (the effects of drinking alcohol and consuming too much caffeine,
- Pupils learn that medicines can be used to manage and treat medical conditions such as asthma (how asthma can affect people, to treat asthma as a condition and the symptoms of an asthma attack).

# Year 4



A good night's sleep helps...



**Memory**  
Overnight, information moves from short-term to long-term memory

**Decision making**  
Our ability to think and make decisions is improved during sleep



**Concentration and mood**  
While asleep, activity in the brain improves a person's focus

## Spring term

Physical health and wellbeing: What is important to me?

Keeping safe and managing risk:

Playing safe

- Pupils learn why people may eat or avoid certain foods (religious, moral, cultural or health reasons).
- Pupils learn about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality).
- Pupils learn about the importance of getting enough sleep.
- Pupils learn how to be safe in their computer gaming habits.
- Pupils learn about keeping safe near roads, rail, water, building sites and around fireworks.

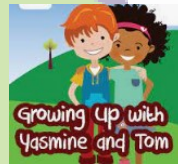
## Year 4 – Making choices

How alcohol can affect people's bodies

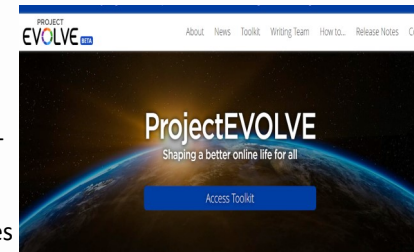
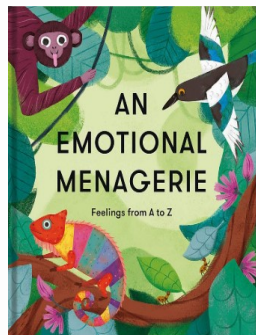


## Summer term

Relationship education: grow-



- Pupils learn about the way we grow and change throughout the human lifecycle (the stages of human development (fetus, baby, toddler, child, teenager, adult, old age).
- Pupils learn how to keep clean and maintain personal hygiene (body, hair, teeth).
- Pupils learn strategies for dealing with their feelings in the context of relationships (friendships, dealing with peer pressure).
- Pupils learn how to identify feelings and how they affect behaviour (pupils learn strategies to enable them to stop and think before they act).



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