

Year 4 - Year 6 Assembly Key Coverage

Relationships – Friendships and managing hurtful behaviour and bullying	Health and Wellbeing – Mental health
<p>Explain what bullying is and describe how people may bully others.</p> <p>Explore the importance of friendships; strategies for building positive friendships and how positive friendships support wellbeing.</p> <p>Know what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties).</p> <p>Know the importance of seeking support if feeling lonely or excluded.</p> <p>Know that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them.</p> <p>Know strategies for recognising and managing peer influence and a desire for peer approval in friendships.</p> <p>Identify how friendships can change over time, about making new friends and the benefits of having different types of friends.</p> <p>Know that friendships have ups and downs and about strategies to resolve disputes and reconcile differences positively and safely.</p> <p>Know how to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary.</p> <p>Know strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others).</p> <p>Know how to report concerns and get support.</p> <p>Know about discrimination: what it means and how to challenge it.</p>	<p>Know that mental health, just like physical health, is part of daily life and the importance of taking care of mental health.</p> <p>Know about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing.</p> <p>Recognise that feelings can change over time and range in intensity.</p> <p>Know about everyday things that affect feelings and the importance of expressing feelings.</p> <p>Have a varied vocabulary to use when talking about feelings and know about how to express feelings in different ways.</p> <p>Have strategies to respond to feelings, including intense or conflicting feelings.</p> <p>Know how to manage and respond to feelings appropriately and proportionately in different situations.</p> <p>Recognise warning signs about mental health and wellbeing and how to seek support for themselves and others.</p> <p>Recognise that anyone can experience mental ill-health and that it is important to discuss feelings with a trusted adult.</p> <p>Know about change and loss, including death, and how these can affect feelings.</p> <p>Have ways of expressing and managing grief and bereavement.</p> <p>Know about problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools.</p>
Living in the Wider World - Communities	Living in the Wider World – Shared responsibilities
<p>Identify the different groups that make up their community and understand what living in a community means.</p> <p>Know how to value the different contributions that people and groups make to the community.</p> <p>Explore diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities.</p> <p>Explore stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes.</p> <p>Explore prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced.</p>	<p>Recognise reasons for rules and laws; consequences of not adhering to rules and laws.</p> <p>Recognise there are human rights, that are there to protect everyone.</p> <p>Understand the relationship between rights and responsibilities.</p> <p>Know the importance of having compassion towards others and about the shared responsibilities we all have for caring for other people and living things.</p> <p>Explain how to show care and concern for others.</p> <p>Identify ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices).</p>

Relationships – Respecting self and others	Health and Wellbeing – Healthy lifestyles
<p>Know that personal behaviour can affect other people.</p> <p>Recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves.</p> <p>Know that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society.</p> <p>Know strategies to improve or support courteous, respectful relationships.</p> <p>Know about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background.</p> <p>Know how to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own.</p> <p>Know how to discuss and debate topical issues, respect other people’s point of view and constructively challenge those they disagree with.</p> <p>Recognise and model respectful behaviour online.</p>	<p>Know how to recognise that habits can have both positive and negative effects on a healthy lifestyle.</p> <p>Know what good physical health means and how to recognise early signs of physical illness.</p> <p>Know how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile).</p> <p>Know that bacteria and viruses can affect health and how everyday hygiene routines can limit the spread of infection.</p> <p>Identify the wider importance of personal hygiene and how to maintain it.</p> <p>Know how medicines, when used responsibly, contribute to health and that some diseases can be prevented by vaccinations and immunisations, including how allergies can be managed.</p> <p>Know about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer.</p> <p>Explain how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health.</p> <p>Know how sleep contributes to a healthy lifestyle and about routines that support good quality sleep and the effects of lack of sleep on the body, feelings, behaviour and ability to learn (including the ways technology can affect healthy sleep).</p> <p>Explain why spending too much time using technology can sometimes have a negative impact and give examples of activities where it is easy to spend a lot of time engaged (e.g. gaming, films, binge watching); identify times or situations when the amount of time using technology should be limited.</p> <p>Assess and action different strategies to limit the impact of technology on my health (e.g. night-shift mode, regular breaks, correct posture, sleep, diet and exercise) and explain the importance of self-regulating my use of technology.</p>