

## SEX AND RELATIONSHIPS EDUCATION – Spiral Curriculum – KS2 (revised February 2016)

### Summary of Learning Outcomes

	<b>Year 4</b>
<b>Feelings</b>	<ul style="list-style-type: none"> <li>• Recognise their own and other people’s feelings</li> <li>• Express positive and negative feelings</li> </ul>
<b>Friends</b>	<ul style="list-style-type: none"> <li>• Know that their actions may affect the feelings of others</li> <li>• Understand what helps and hinders friendships</li> <li>• Consider what qualities are important in a friendship</li> <li>• Listen to the views of others</li> <li>• Begin to understand the skills needed for relationships eg listening, supporting, seeing both sides of an argument etc</li> <li>• Become aware of strategies to deal with friendship problems</li> <li>• Recognise that their actions have consequences for themselves and others</li> <li>• Consider the need to respect the other people’s feelings and decisions</li> <li>• Develop awareness for dealing with friendship problems</li> </ul>
<b>Growing up</b>	<ul style="list-style-type: none"> <li>• Know that adulthood brings changes to lifestyles</li> <li>• Understand that rights also bring responsibilities</li> <li>• Understand that adulthood will bring changes for the better and worse</li> <li>• Appreciate similarities and differences in adult lifestyles</li> <li>• Know how their bodies will change at puberty</li> <li>• Appreciate that similarities and differences between people are the result of many factors</li> </ul>
<b>Safety</b>	<ul style="list-style-type: none"> <li>• Recognise unwanted influence and pressure and exercise a basic technique for resisting</li> <li>• Practise saying “No” in different scenarios</li> <li>• Recognise the need to ask for help and support, who to ask and how</li> </ul>