Year 4 Time For Us Curriculum Map 2025/2026

	Autumn Term		Spring Term		Summer Term	
Theme	**1: Being me in my world**	**Relationships**	**Healthy Me**	**Celebrating Difference**	**Dreams and Goals**	**Changing Me**
LOs	1. I understand how my attitudes and actions make a difference to my class. 2. I understand my role in the school community. 3. I understand what democracy is and why it is important. 4. I understand how my behaviour affects others. 5. I know how to work with others to achieve a shared goal. 6. I understand how having a voice and making	1. I understand what a healthy friendship looks like. 2. I know how to build and maintain positive relationships. 3. I know how to manage conflicts in friendships. 4. I know that peer pressure can influence my decisions. 5. I understand the	1. I know the importance of looking after my body and mind. 2. I know that healthy choices can improve my well-being. 3. I know why sleep, nutrition, and exercise are important. 4. I understand the effects of alcohol and tobacco.	1. I understand what prejudice and discrimination mean. 2. I know how people can be treated unfairly due to differences. 3. I understand the impact of stereotypes. 4. I know how to stand up for what is right. 5. I know how to	1. I know what a goal is and why setting goals is important. 2. I know how to set and work towards my goals. 3. I know the challenges people face in achieving their dreams. 4. I know that learning from mistakes is part of achieving goals. 5. I know how to work with others to achieve a shared goal. 6. I understand that achieving goals takes effort and perseverance.	1. I understand that my body will change as I grow older. 2. I know how to talk about my feelings regarding change. 3. I know the emotional and physical changes that happen during puberty. 4. I understand how personal hygiene is important during

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	choices helps my school and community. 7. I know how to show respect for other people's beliefs and opinions. 8. I understand that my actions have consequences on others.	impact of social media on relationships. 6. I know how to support friends when they face challenges. 7. I understand that friendships change over time and how to manage this.	5. I know how to keep myself safe in risky situations. 6. I know strategies to keep myself calm and positive.	challenge discrimination when I see it.	7.	puberty. 5. I know that change is a natural part of life. 6. I know ways to manage my emotions about change. 7. I know who to talk to if I feel worried about changes.
Key Vocab	• Leadership • Responsibility • Laws • Community • Teamwork • Consequences	• Trust • Boundaries • Honesty • Empathy • Disagreements	• Nutrition • Exercise • Alcohol • Smoking • Mental health • Personal	• Prejudice • Discrimination • Inclusion • Diversity • Stereotypes	• Ambition • Challenges • Learning styles • Teamwork • Leadership • Aspirations	• Puberty • Hormones • Body image • Self-esteem • Emotional

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• Influence • Rights	• Respect • Online safety • Friendship	safety • Decision-making • Self-care	• Culture • Identity • Equality	• Motivation • Growth mindset	well-being • Adapting to change • Support • Personal hygiene