

	<u>Year 4 SRE Curriculum</u>	<b>Relationship</b>	<b>PSHE</b>
	<p>To be able to identify and understand how hygiene needs change during puberty.</p> <p>To understand the physical changes that take place at puberty.</p> <p>To identify and describe the main physical and emotional changes that take place at puberty for boys and girls.</p>	<p>To begin to understand emotional changes that take place at puberty.</p> <p>To describe the feelings that some people experience as they grow up</p>	<p><u>Health and Wellbeing</u></p> <p>To begin to understand how their body will, and emotions may, change as they approach and move through puberty</p> <p>To recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them</p>