

# PSHE: Year 4



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Unit</b>	<b>HEALTH AND WELLBEING</b> How can we manage our feelings?	<b>RELATIONSHIPS</b> How do we treat each other with respect?	<b>LIVING IN THE WIDER WORLD</b> How can our choices make a difference to others and the environment?	<b>HEALTH AND WELLBEING</b> What strengths, skills and interests do we have?	<b>HEALTH AND WELLBEING</b> How will we grow and change?	<b>HEALTH AND WELLBEING</b> How can we manage risk in different places?
<b>Outcome</b>	Feelings and emotions; expression of feelings; behaviour	Children know how to be respectful of themselves and others demonstrating courteous behaviour; understanding safety and human rights	Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions	Self-esteem; self-worth; personal qualities; goal setting; managing set backs	Growing and changing; puberty	Keeping safe; out and about; recognising and managing risk
<b>Sequence of Learning</b>	<p>Learning sequence:</p> <ul style="list-style-type: none"> <li>how everyday things can affect feelings</li> <li>how feelings change over time and can be experienced at different levels of intensity</li> <li>the importance of expressing feelings and how they can be expressed in different ways</li> <li>how to respond proportionately to, and manage, feelings in different circumstances</li> <li>ways of managing feelings at times of loss, grief and change</li> <li>how to access advice and support to help manage their own or others' feelings</li> </ul>	<p>Learning sequence:</p> <ul style="list-style-type: none"> <li>I can explain how people's behaviour affects themselves and others, including online</li> <li>I can model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return</li> <li>I can explore the relationship between rights and responsibilities</li> <li>I can explain the right to privacy and how to recognise when a confidence or secret should be kept (such as a nice birthday surprise everyone will find out about) or not agreed to and when to tell (e.g. if someone is being upset or hurt)*</li> <li>I can explore the rights that children have and why it is important to protect these*</li> <li>I can recognise that everyone should feel included, respected and not discriminated against; how to respond if I witness or experience exclusion, disrespect or discrimination</li> <li>I can explain how to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) - how to report concerns</li> </ul>	<p>Learning sequence:</p> <ul style="list-style-type: none"> <li>how people have a shared responsibility to help protect the world around them</li> <li>how everyday choices can affect the environment</li> <li>how what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity)</li> <li>the skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues</li> <li>how to show care and concern for others (people and animals)</li> <li>how to carry out personal responsibilities in a caring and compassionate way</li> </ul>	<p>Learning sequence:</p> <ul style="list-style-type: none"> <li>how to recognise personal qualities and individuality</li> <li>to develop self-worth by identifying positive things about themselves and their achievements</li> <li>how their personal attributes, strengths, skills and interests contribute to their self-esteem</li> <li>how to set goals for themselves</li> <li>how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking</li> </ul>	<p>Learning sequence:</p> <ul style="list-style-type: none"> <li>about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing, erections and wet dreams</li> <li>how puberty can affect emotions and feelings</li> <li>how personal hygiene routines change during puberty</li> <li>how to ask for advice and support about growing and changing and puberty</li> </ul>	<p>Learning sequence:</p> <ul style="list-style-type: none"> <li>how to recognise, predict, assess and manage risk in different situations</li> <li>how to keep safe in the local environment and less familiar locations (e.g. near rail, water, road; fire/firework safety; sun safety and the safe use of digital devices when out and about)</li> <li>how people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage this influence</li> <li>how people's online actions can impact on other people</li> <li>how to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online</li> <li>how to report concerns, including about inappropriate online content and contact</li> <li>that rules, restrictions and laws exist to help people keep safe and how to respond if they become aware of a situation that is anti-social or against the law</li> </ul>
<b>Vocabulary</b>		friendship, changes, best friend, trust, making friends, loneliness, relationship, bullying				
<b>Quality Assured resources to support planning</b>	<a href="https://www.pshe-association.org.uk/mental-health-and-emotional-wellbeing-pack">Mental health and emotional wellbeing pack (pshe-association.org.uk)</a>  <a href="https://www.pshe-association.org.uk/free-pshe-lessons">Free PSHE lessons on</a>	<a href="https://www.pshe-association.org.uk/teaching-about-consent">Teaching about consent (pshe-association.org.uk)</a>  <a href="https://www.pshe-association.org.uk/our-class-educational-resources">Our Class   Educational resources about children's</a>	<a href="https://www.plprimarystars.com/">Premier League Primary Stars (plprimarystars.com)</a>  <a href="https://www.pshe-association.org.uk/ks2-animal-welfare">KS2 Animal Welfare</a>	<a href="https://www.pshe-association.org.uk/personal-identity-lesson-pack">Personal identity lesson pack (pshe-association.org.uk)</a>	<a href="https://www.pshe-association.org.uk/relationships-sex-education-lesson-pack">Relationships &amp; Sex Education lesson pack for KS3-4 (pshe-association.org.uk)</a>	<a href="https://www.pshe-association.org.uk/exploring-risk-in-relation-to-gambling">Exploring risk in relation to gambling (pshe-association.org.uk)</a>  <a href="https://www.pshe-association.org.uk/money-and-wellbeing">Money and wellbeing</a>