

Year 4 PSHE Curriculum

<p><b>PSHE Year 4 - AUTUMN TERM</b></p> <p><b>Topic Focus</b></p> <p><b>Health and Wellbeing</b></p>	<p><b>Core Value</b></p> <p>about managing change, including puberty, transition and loss</p>	<p><b>Core Value</b></p> <p>how to manage risks to physical and emotional health and wellbeing</p>	<p><b>Core Value</b></p> <p>how to manage risks to physical and emotional health and wellbeing</p>	<p><b>Core Value</b></p> <p>ways of keeping physically and emotionally safe</p>	<p><b>Core Value</b></p> <p>how to make informed choices about health and wellbeing and to recognise sources of help with this</p>	<p><b>Core Value</b></p> <p>to identify different influences on health and wellbeing</p>	<p><b>Core Value</b></p>
	<p><b>Suggested Learning Outcome</b></p> <p>about change, including transitions (between key stages and schools), loss, separation, divorce and bereavement</p>	<p><b>Suggested Learning Outcome</b></p> <p>to differentiate between the terms, 'risk', 'danger' and 'hazard'</p>	<p><b>Suggested Learning Outcome</b></p> <p>to recognise, predict and assess risks in different situations and decide how to manage them responsibly (including sensible road use and risks in their local environment) and to use this as an opportunity to build resilience</p>	<p><b>Suggested Learning Outcome</b></p> <p>to recognise how their increasing independence brings increased responsibility to keep themselves and others safe</p>	<p><b>Suggested Learning Outcome</b></p> <p>that bacteria and viruses can affect health and that following simple routines can reduce their spread (Science)</p>	<p><b>Suggested Learning Outcome</b></p> <p>how pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people they know and the media</p>	<p><b>Suggested Learning Outcome</b></p>
<p><b>Topic Vocabulary -</b></p> <p><b>New Vocabulary -</b></p>							

<p><b>PSHE Year 3 - Spring Term 1</b></p> <p><b>Topic Focus</b></p> <p><b>Relationships</b></p>	<p><b>Core Value</b></p> <p>how to develop and maintain a variety of healthy relationships, within a range of social/cultural contexts</p>	<p><b>Core Value</b></p> <p>how to recognise risky or negative relationships including all forms of bullying and abuse</p>	<p><b>Core Value</b></p> <p>how to respond to risky or negative relationships and ask for help</p>	<p><b>Core Value</b></p> <p>how to respect equality and diversity in relationships</p>	<p><b>Core Value</b></p> <p>how to respect equality and diversity in relationships</p>	<p><b>Core Value</b></p>	<p><b>Core Value</b></p>
	<p><b>Suggested Learning Outcome</b></p> <p>that their actions affect themselves and others</p>	<p><b>Suggested Learning Outcome</b></p> <p>to judge what kind of physical contact is acceptable or unacceptable and how to respond</p>	<p><b>Suggested Learning Outcome</b></p> <p>the concept of 'keeping something confidential or secret', when they should or should not agree to this and when it is right to 'break a confidence' or 'share a secret'</p>	<p><b>Suggested Learning Outcome</b></p> <p>to listen and respond respectfully to a wide range of people, to feel confident to raise their own concerns, to recognise and care about other people's feelings and to try to see, respect and if necessary constructively challenge others' points of view</p>	<p><b>Suggested Learning Outcome</b></p> <p>to work collaboratively towards shared goals</p>	<p><b>Suggested Learning Outcome</b></p>	<p><b>Suggested Learning Outcome</b></p>
<p><b>Topic Vocabulary -</b></p>						<p><b>New Vocabulary -</b></p>	

<p><b>PSHE Year 3 - Spring Term 2</b></p> <p><b>Topic Focus</b></p> <p><b>Living in The Wider World</b></p>	<p><b>Core Value</b></p> <p>about respect for self and others and the importance of responsible behaviours and actions</p>	<p><b>Core Value</b></p> <p>about rights and responsibilities as members of families, other groups and ultimately as citizens</p>	<p><b>Core Value</b></p> <p>to respect diversity and equality and how to be a productive member of a diverse community</p>	<p><b>Core Value</b></p> <p>to respect diversity and equality and how to be a productive member of a diverse community</p>	<p><b>Core Value</b></p> <p>to respect diversity and equality and how to be a productive member of a diverse community</p>	<p><b>Core Value</b></p>	<p><b>Core Value</b></p>
	<p><b>Suggested Learning Outcome</b></p> <p>to realise the consequences of anti-social, aggressive and harmful behaviours such as bullying and discrimination of individuals and communities; to develop strategies for getting support for themselves or for others at risk</p>	<p><b>Suggested Learning Outcome</b></p> <p>that they have different kinds of responsibilities, rights and duties at home, at school, in the community and towards the environment; to continue to develop the skills to exercise these responsibilities</p>	<p><b>Suggested Learning Outcome</b></p> <p>to resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and explaining choices</p>	<p><b>Suggested Learning Outcome</b></p> <p>what being part of a community means, and about the varied institutions that support communities locally and nationally</p>	<p><b>Suggested Learning Outcome</b></p> <p>to recognise the role of voluntary, community and pressure groups, especially in relation to health and wellbeing</p>	<p><b>Suggested Learning Outcome</b></p>	<p><b>Suggested Learning Outcome</b></p>
<p><b>Topic Vocabulary -</b></p>							

New Vocabulary -

<b>PSHE Year 3 - Summer 1</b>  <b>Topic Focus</b>  <b>Relationships and Sex Education</b>	<b>Core Value</b>  To Explore the Human Lifecycle.	<b>Core Value</b>  To Explore the Human Lifecycle.	<b>Core Value</b>  To explore how puberty is linked to reproduction.	<b>Core Value</b>  To explore how puberty is linked to reproduction.	<b>Core Value</b>	<b>Core Value</b>	<b>Core Value</b>
	<b>Suggested Learning Outcome</b>  Understand that puberty is an important stage in the human lifecycle.  Know some changes that happen during puberty.	<b>Suggested Learning Outcome</b>  Understand that puberty is an important stage in the human lifecycle.  Know some changes that happen during puberty.	<b>Suggested Learning Outcome</b>  Know about the physical and emotional changes that happen in puberty.  Understand that children change into adults to be	<b>Suggested Learning Outcome</b>  Know about the physical and emotional changes that happen in puberty.  Understand that children change into adults to be able to reproduce if they chose to	<b>Suggested Learning Outcome</b>	<b>Suggested Learning Outcome</b>	<b>Suggested Learning Outcome</b>

			able to reproduce if they chose to.				
<b>Topic Vocabulary</b> – Puberty, Lifecycle, Reproduction, Physical, Breasts, Sperm, Egg, Pubic Hair, Emotional, Feelings.							

<b>PSHE Year 3 – Summer Term 2</b>	<b>Core Value</b>	<b>Core Value</b>	<b>Core Value</b>	<b>Core Value</b>	<b>Core Value</b>	<b>Core Value</b>	<b>Core Value</b>
<b>Topic Focus</b>	to deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others	to deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others	to recognise and care about other people's feelings	to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them	to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them	to deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others	strategies for keeping physically and emotionally safe
<b>Mental Health and wellbeing</b>							
	<b>Suggested Learning Outcome</b>	<b>Suggested Learning Outcome</b>	<b>Suggested Learning Outcome</b>	<b>Suggested Learning Outcome</b>	<b>Suggested Learning Outcome</b>	<b>Suggested Learning Outcome</b>	<b>Suggested Learning Outcome</b>
	I can recognise a range of emotions.	I can explain how we experience and	I can use some simple strategies for making myself	I can recognise how feelings change in different situations	I can describe the different feelings related to different situations	I can explain how we experience and express an	I can identify who and what can help me manage and express my feelings

		express different feelings.	and others feel better.			increasing range of feelings	
<b>Topic Vocabulary -</b>							
<b>New Vocabulary -</b>							