

Year 4 PSHE Curriculum Requirements -

Focus Area	PSHE Knowledge/Skills Targets	Suggested curriculum links/topic ideas/activities/assessment opportunities/key questions	Suggested Resources	Key vocabulary
Being Me in My world	<ul style="list-style-type: none"> • I know my attitudes and actions make a difference to the class. • I know who is in the school community, the roles they play and how I fit in. • I know how democracy works through the school council. • I know that my actions affect myself and others. • I care about the feelings of others and can try to empathise with them. • I know that groups get together to make decisions. • I know how democracy benefits the school community. 	<p>How does your attitude and actions make a difference to Foxes Class? How does democracy benefit Bythams School?</p>	<p>Jigsaw – Being Me in My World Ages 8-9 Puzzle 1</p>	<p>community democracy empathy</p>
Celebrating Difference	<ul style="list-style-type: none"> • I know that sometimes we make assumptions based on what people look like. • I know what influence me to make these assumptions. • I know that bullying can be hard to spot. • I know what to do if I am suspect bullying might be taking place. • I know why witnesses sometimes join in with bullying. • I know what is special about me and value the ways I am unique. • I know a time that my first impressions of someone changed once I got to know them. 	<p>How does it make you feel to be a witness to bullying? How can you problem-solve a bullying situation? What unique features do you have? Why is it good to accept people for who they are?</p>	<p>Jigsaw – Celebrating Difference Ages 8-9 Puzzle 2</p>	<p>assumptions unique physical appearance accept</p>
Dreams and Goals	<ul style="list-style-type: none"> • I can talk about my hopes and dreams. 	<p>What are your hopes/dreams?</p>	<p>Jigsaw –</p>	<p>disappointment</p>

	<ul style="list-style-type: none"> • I know that hopes and dreams do not always come true and that this can hurt. • I know that reflecting on positive experiences can help me to deal with disappointment. • I know how to set new goals even if I have been disappointed. • I know how to work out the steps to achieve new goals, and can do this as part of a group. • I know how to identify the contributions made by myself and others to the group's achievements. 	<p>How can reflecting on positive experiences help with disappointment? Can you set new goals as part of a group? How can you identify your contributions to your group's success?</p>	<p>Dreams & Goals Ages 8-9 Puzzle 3</p>	<p>challenge contribution</p>
Healthy Me	<ul style="list-style-type: none"> • I know how different friendship groups are formed and how I fit into them. • I know that people take on the roles of leaders and followers in a group, and I know the role I take on in different situations. • I know how smoking effects health. • I know some of the reasons why some people start to smoke. • I know how alcohol effects health, especially on the liver. • I know some of the reasons why some people start to drink alcohol. • I can recognise when people are putting me under pressure and can explain ways to resist this if I want. • I know myself well enough to have a clear picture of what I believe is right and wrong. 	<p>How are different friendship groups formed? What role do you take on in your friendship groups? How does smoking affect health-? Why do some people start to smoke? How does it feel when people are putting you under pressure to do something that you do not want to do?</p>	<p>Jigsaw – Healthy Me Ages 8-9 Puzzle 4</p>	<p>leader follower smoking alcohol liver lungs peer pressure pressurised</p>
Relationships	<ul style="list-style-type: none"> • I know how to recognise situations that can cause jealousy in relationships. • I can talk about someone I know who I no longer see. • I know that friendships change. 	<p>Can you identify feelings of jealousy? How can you problem-solve situations when jealousy occurs? How do you make new friends?</p>	<p>Jigsaw – Relationships Ages 8-9 Puzzle 5</p>	<p>jealousy relationships negotiate compromise</p>

	<ul style="list-style-type: none"> • I know how to make new friends. • I know how to manage when I fall out with friends. • I know that having a boy/girlfriend when I am older is a special relationship. • I know how to show love and appreciation to the people and animals who are special to me. 	How can you manage when you fall out with your friends?		
Changing Me	<ul style="list-style-type: none"> • I know that some of my personal characteristics have come from my birth parents and this happens because I am made from the joining of their egg and sperm. • I know the internal and external parts of male and female bodies that are necessary for making babies. • I know how a girl's body changes in order for her to have babies when she is an adult. • I know that menstruation (having periods) is a natural part of life. • I now how the circle of change works and can apply it to make changes in my life. • I know that there are changes that have been and continue to be outside of my control and I have accepted this. 	Do you know the parts of the body needed to make a baby? Why physical changes take place during puberty? What is the circle of change?	Jigsaw – Changing me Ages 8-9 Puzzle 6	puberty sperm egg/ovum internal external reproduction reproductive menstruation periods uterus/womb penis testicles vagina stereotypes sex sexual intercourse fertilise conception