

## Year 4 PSHE Coverage

As citizens, we recognise and understand our own and other's needs so we can make informed choices about our wellbeing.						
Jigsaw Scheme Units	Autumn 1 Being Me in My World	Autumn 2 Celebrating Difference	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Guidance	<p>The Relationship Education, Relationships and Sex Education and Health Education Statutory Guidance says that 'Schools are free to determine how to deliver the content set out in this guidance, in the context of a broad and balanced curriculum.'</p> <p>The Personal, Social, Health and Economic Education Guidance Feb 2020 says that, 'To allow teachers the flexibility to deliver high-quality PSHE we consider it unnecessary to provide new standardised frameworks or programmes of study. Teachers are best placed to understand the needs of their pupils and do not need additional central prescription.'</p>					
Subject Focus	<p>This unit focuses on being part of a class team, being a school citizen and rights, responsibilities and democracy (school council). Rewards and consequences are highlighted and children use group decision-making techniques. Having a voice is highlighted and what motivates their behaviour is examined.</p>	<p>All of the learning is based around challenging assumptions. Judging by appearance, Accepting self and others are taught. Understanding influences and understanding bullying are highlighted. Identifying how special and unique everyone is and discussing the importance of first impressions.</p>	<p>The focus is on hopes and dreams. Overcoming disappointment and creating new, realistic dreams. Achieving goals and working in a group are explored as is celebrating their contributions. Resilience and positive attitudes are highlighted as important traits.</p>	<p>This helps children to form healthier friendships and looks at group dynamics. Smoking, alcohol and assertiveness as well as peer pressure are explored. Celebrating inner strength is promoted.</p>	<p>This unit examines jealousy, love and loss. Memories of loved ones are highlighted. Getting on and falling out are explored as are the concept of girlfriends and boyfriends. Showing appreciation to people and animals is a focus.</p>	<p>The changing me unit looks at being unique. Having a baby is discussed as is Puberty. Confidence in change and accepting change are visited. Preparing for transition is covered as is environmental change.</p>

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Fab Five	<ol style="list-style-type: none"><li>1. I can explain how being listened to is important in the school community..</li><li>2. I feel valued.</li><li>3. I can discuss first impressions.</li><li>4. I know that bullying can be difficult to spot.</li><li>5. I know what to do about bullying.</li><li>6. I accept myself for who I am.</li></ol>		<ol style="list-style-type: none"><li>1. I can set new goals.</li><li>2. I know what being resilient is.</li><li>3. I have a positive attitude.</li><li>4. I can resist pressure from others if I want to.</li><li>5. I know how it feels to be anxious.</li><li>6. I can explain what peer pressure is.</li></ol>		<ol style="list-style-type: none"><li>1. I empathise with someone who is sad.</li><li>2. I know how to manage my feelings when missing a person or animal.</li><li>3. I know some changes that happen to our bodies to prepare for making a baby later in life.</li><li>4. I can explain some of the choices I might make.</li><li>5. I can suggest how I might manage my feelings when changes happen.</li></ol>	
Unit specific vocabulary	Included Excluded Welcome Valued Team Charter Role Job description School Community Responsibility Rights Responsibilities Democracy Reward Consequence Democratic Decisions Rights Responsibilities Voting Democracy Authority Learning Charter Role	Character Assumption Judgement Surprised Different Appearance Accept Assumption Influence Appearance Opinion Attitude Judgement Bullying Friend Secret Deliberate On purpose Bystander Witness Bully Problem solve Cyber bullying	Dream Hope Goal Determination Perseverance Resilience Positive Attitude Hopes Disappointment Fears Hurt Resilience Goals Plans Cope Help Self-belief Motivation Perseverance Dream Commitment Team work Enterprise Design Cooperation	Friendships Emotions Healthy Relationships Friendship groups Value Friendship groups Roles Leader Follower Assertive Agree / disagree Smoking Pressure Peers Guilt Advice Alcohol Liver Disease Pressure Peers Anxiety Fear Believe Assertive Opinion Right Wrong	Relationship Close Jealousy Problem- solve Emotions Positive Negative Loss Strategy Shock Disbelief Numb Denial Anger Guilt Sadness Pain Despair Hopelessness Relief Acceptance Depression Souvenir Memento Memorial Memories Special Remember Friendships Negotiate Compromise Trust	Personal Unique Characteristics Parents Sperm Egg/ Ovum Penis Testicles Vagina/ Vulva Womb/ Uterus Ovaries Making love Having sex Sexual Intercourse Fertilise Conception Puberty Menstruation Periods Circle Seasons Change Control

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	Contribution Observer Choices Democracy UN Convention on Rights of Child Learning Charter	Text message Website Troll Special Unique Different Characteristics Physical features Impression Changed Judgement Assumption Influence Special Different Accept			Loyalty Anger Betrayal Empathy Boyfriend Girlfriend Attraction Pressure Personal Comfortable Special Love Appreciation Symbol Care	Range of emotions - Control Change Acceptance Change Looking forward Excited Nervous Anxious Happy
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