

Year 4 – Curriculum Map - PSHE

Term	Learning Focus		Memorable Experience	Innovative Challenge	Conceptual Development
	Knowledge	Skills			
<p>Autumn 1 <u>Being Me in My World</u></p>	<p>To know that my attitudes and actions make a difference to the class team.</p> <p>To understand who is in the school community, the roles they play and how I fit in.</p> <p>To understand how democracy works and what rights and responsibilities I have.</p> <p>To understand that my actions affect myself and others; I can empathise with other people’s feelings.</p>	<p>I can tell you why it feels good to be included in a group and how it feels to be excluded.</p> <p>I can tell you how I make people feel welcome and valued.</p> <p>I can tell you who is in my school community, the roles they play and how I fit in.</p> <p>I can take on a role in a group and contribute to the overall outcome.</p> <p>I can tell you what democracy is and how it works through the school council.</p> <p>I can tell you how having a voice benefits the school community.</p> <p>I can empathise with others.</p> <p>I can tell you how rewards and consequences motivate people’s behaviour.</p> <p>I can take on a role in a group and contribute to the overall outcome.</p> <p>I can work cooperatively in a small group.</p>	<p>Police Visit</p> <p>Road Safety/Bike-ability Workshop</p> <p>School Council Elections</p>		<p>Build upon:</p> <p>To increase awareness of setting personal goals; self-identity and worth; positivity in challenges; rules, rights and responsibilities; rewards and consequences; responsible choices; recognising feelings.</p> <p>Prepare for:</p> <p>To increase awareness of being part of a class team; being a school citizen; rights, responsibilities and democracy (school council); rewards and consequences; group decision-making; having a voice; what motivates behaviour.</p>
<p>Autumn 2 <u>Celebrating Differences</u></p>	<p>To understand that, sometimes, we make assumptions based on what people look like, we judge by appearances and know what influences me to make these assumptions.</p> <p>To know that sometimes bullying is hard to spot and I know what to do if I think it is going on.</p> <p>To identify what is special about me and value the ways in which I am unique. Also, to accept people</p>	<p>I can tell you why sometimes people make assumptions based on appearances.</p> <p>I can try to accept people for who they are.</p> <p>I can tell you what bullying is.</p> <p>I can recognise different types of bullying.</p> <p>I can tell you who to turn for help if I witness a bullying situation.</p> <p>I can tell you who a witness is and why sometimes they decide to join in or not to tell.</p> <p>I can problem-solve a bullying situation with others.</p> <p>I can design a poster showing how people should stand up against bullying.</p> <p>I can tell you what is special about me and to</p>	<p>Anti-bullying Week – Amy Goodall singer visit & Workshop</p> <p>Children in Need Day</p>	<p>Creating a short video promoting celebrating differences (share it in the Phase Assembly)</p>	<p>Build upon:</p> <p>To increase awareness of families and their differences; family conflict and how to manage it (child-centred); witnessing bullying and how to solve it; recognising how words can be hurtful; giving and receiving compliments.</p> <p>Prepare for:</p> <p>To increase awareness of challenging assumptions; judging by appearance; accepting self and others; understanding influences; understanding bullying; problem-</p>

	how they are.	value the ways in which I am unique. I can write about my qualities and special features.			solving; identifying how special and unique everyone is; first impressions.
Spring 1 Dreams & Goals	<p>To be able to tell you about some of my goals and dreams. I understand that sometimes they do not come true and that this can hurt.</p> <p>To know that reflecting on positive and happy experiences can help me to counteract disappointment.</p> <p>To enjoy being part of a group challenge.</p>	<p>I can tell you about some of my hopes and dreams.</p> <p>I can tell you how it feels to have hopes and dreams.</p> <p>I can tell you how disappointment feels.</p> <p>I can identify when I felt disappointed and write about it.</p> <p>I can tell you how I cope with disappointment and help others cope with theirs.</p> <p>I can show how to solve a situation through role-play.</p> <p>I can make a new plan and set new goals even if I have been disappointed.</p> <p>I know how to be resilient and to have a positive attitude.</p> <p>I can tell you what I enjoy about being part of a group.</p> <p>I can plan and design a garden decoration and identify the contributions made by myself and others to the group's achievement.</p>	<p>Career / Parent Talk</p> <p>Trip to Kidzania</p>	<p>Creating/recording a motivational speak on staying positive (growth mind set)</p>	<p>Build upon:</p> <p>To increase awareness of difficult challenges and achieving success; dreams and ambitions; new challenges; motivation and enthusiasm; recognising and trying to overcome obstacles; evaluating learning processes; managing feelings.</p> <p>Prepare for:</p> <p>To increase awareness of hopes and dreams; overcoming disappointment; creating new, realistic dreams; achieving goals; working in a group; celebrating contributions; resilience; positive attitudes.</p>
Spring 2 Healthy Me	<p>To recognise how different friendship groups are formed, how I fit into them and the friends I value the most.</p> <p>To understand the facts about smoking and its effects on health.</p> <p>To understand the facts about alcohol and its effects on health, particularly the liver.</p>	<p>I can identify someone I love and can express why they are special to me.</p> <p>I can complete a diagram showing my friendship groups.</p> <p>I can recognise the changing dynamics between people.</p> <p>I can use kind words when talking to my friends.</p> <p>I can suggest ways on how to handle a</p>			<p>Build upon:</p> <p>To increase awareness of exercise; fitness challenges; food labelling and healthy swaps; attitudes towards drugs; keeping safe and why it's important online and offline scenarios; respect for myself and others; healthy and safe choices.</p>

	<p>To identify feelings of anxiety and fear associated with peer pressure.</p>	<p>difficult situation.</p> <p>I can relate to feelings of shame and guilt and know how to act assertively to resist pressure from myself and others.</p> <p>I can try to give advice to different people on how to be assertive.</p> <p>I can express my opinion through role.</p> <p>I can tell you facts about alcohol and its effects on health.</p> <p>I can identify feelings of anxiety and fear associated with peer pressure.</p> <p>I can write a paragraph about my best friend and explain why we are best friends.</p>			<p>Prepare for:</p> <p>To increase awareness of healthier friendships; group dynamics; smoking; alcohol; assertiveness; peer pressure; celebrating inner strength.</p>
<p>Summer 1 Relationships</p>	<p>To identify the web of relationships that I am part of, starting from the closest to those more distant.</p> <p>To know how most people feel when they lose something or someone special.</p> <p>To explain different points of view on an animal rights issue.</p> <p>I know how to show love and appreciation to the people and animals who are special to me.</p>	<p>I know how it feels to belong to a range of different relationships and can identify what I contribute to each of them.</p> <p>I can try to solve friendship problems when they occur.</p> <p>I can talk about the people who are special to me and express why they are special to me.</p> <p>I know how most people feel when they lose someone or something they love.</p> <p>I can understand that losing a special pet brings feelings that can be hard to cope with, but that it can be helpful to mark loss by celebrating special things about the pet.</p> <p>I can talk about my souvenir and why is so special.</p> <p>I can explain different points of view on an animal rights issue.</p> <p>I can use the internet to research about vegetarianism.</p>		<p>Vegetarianism – Class Debate, then debate within Year group</p>	<p>Build upon:</p> <p>To increase awareness of family roles and responsibilities; friendship and negotiation; keeping safe online and who to go to for help; being a global citizen; being aware of how my choices affect others; awareness of how other children have different lives; expressing appreciation for family and friends.</p> <p>Prepare for:</p> <p>To increase awareness of jealousy; love and loss; memories and loved ones; getting on and falling out; girlfriends and boyfriends; showing appreciation to people and animals.</p>

<p>Summer 2 <u>Changing Me</u></p>	<p>To understand that some of my personal characteristics have come from my birth parents.</p> <p>To correctly label the internal and external parts of male and female bodies that are necessary for making a baby.</p> <p>To describe how a girl's body changes in order for her to have babies when she is an adult and that menstruation is a natural part of this.</p>	<p>I can tell you some of my personal characteristics that have come from my birth parents.</p> <p>I can appreciate that I am a truly unique human being.</p> <p>I can tell you why having a baby is a great joy.</p> <p>I can tell you why having a baby is a big responsibility.</p> <p>I can tell you what puberty is.</p> <p>I can tell you what menstruation is (having periods).</p> <p>I can identify changes that have been and may continue to be outside of my control that I learnt to accept.</p> <p>I have strategies to help me cope with the physical and emotional changes I will experience during puberty.</p> <p>I can express my thoughts and feelings through role play.</p> <p>I can identify what I am looking forward to when I am in Year 5.</p> <p>I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this.</p>		<p>A group of Year 5 children invited to talk about their Y5 experience.</p>	<p>Build upon: To increase awareness of how babies grow; understanding a baby's needs; outside body changes; inside body changes; family stereotypes; challenging my ideas; preparing for transition.</p> <p>Prepare for: To increase awareness of being unique; having a baby; girls and puberty; confidence in change accepting change; preparing for transition, environmental change.</p>
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