



Long Term Curriculum Overview 2019-20/21

Subject: PSHE

Year: 4

'We create a nurturing environment which both inspires and challenges our whole school family, equipping our children to have high aspirations to: 'Dream big, love God and live well.'

	Au1 Koinonia Democracy Healthy Lifestyle/ Health and Wellbeing	Au2 Generosity Individual Liberty Living in the Wider World - respecting environment/ responsibility/money	Spr1 Hope Rule of Law Health and Wellbeing – Understand risk/ resisting Pressure	Spr2 Friendship Tolerance of other beliefs Relationships – what is a healthy relationship?	Su1 Respect Mutual Respect Relationships – How to respect equality and diversity Living in the Wider World- Human rights etc.	Su2 Thankfulness All British Values Health and Wellbeing – Recognising and Managing Emotions/ Living in the Wider World – different responsibilities.
Week 1 To always explore the British Value of the Term	British Value Democracy	British Value Individual Liberty	British Values Rule of Law Can I understand that two wrongs don't make a right?	British Values Tolerance of Other Beliefs 27 th February-11 th March Fair-Trade Fortnight	British Values Mutual Respect	British Values Revisiting All British Values 3 rd June Child Safety Week
Week 2	Can I recognise feelings in myself? <ul style="list-style-type: none"> • Everyday things that affect feelings and the importance of expressing feelings • Varied vocabulary to use when talking about feelings; about how to express feelings in different ways; 	Can I explore what positively and negatively affects their physical, mental and emotional health (including the media)? <ul style="list-style-type: none"> • Assessing the reliability of the media • Like physical Health Mental health needs to be taken care of Anti bullying Week	Ourselves Growing and Changing <ul style="list-style-type: none"> • Healthy Eating – Maturing Bodies • Dental Care • Keeping clean/ Hygiene. 	Can I discuss that civil partnerships and marriage are examples of stable, loving relationships and a public demonstration of the commitment made between two people who love and care? <ul style="list-style-type: none"> • Recognising the different types of relationships • 'Valuing All God's Children' 	See BFG lesson planning Can I celebrate differences? <ul style="list-style-type: none"> • The benefits of living in a diverse community – Valuing the different contributions that people and groups make in a community. 8 th March International Women's Day	See BFG lesson planning How are we similar? How are we different? <ul style="list-style-type: none"> • Recognising self respect and how we treat others • To listen and respond respectfully – including traditions, beliefs and lifestyles

<p>Week 3</p>	<p>Can I recognise and respond appropriately to a wider range of feelings in others?</p> <ul style="list-style-type: none"> • Exploring empathy • Strategies to respond to feelings of others and ourselves appropriately • Who could we go to for support (Trusted Adults) 	<p>Shared Responsibilities</p> <ul style="list-style-type: none"> • To recognise human rights, that are there to protect everyone • The relationship between rights and responsibilities • How we show care and concern for people and living things. <p>Can I understand how to make informed choices?</p> <p>Can I identify what human rights are and what they mean?</p> <p>19th Oct - International Men's Day</p>	<p>Keeping Ourselves Safe</p> <ul style="list-style-type: none"> • Identifying risk and understanding the influences of peer pressure • Identifying controlling behaviours associated with peer pressure. • Unwanted physical/emotional contact – what strategies would we use? <p>Children's Mental Health Awareness Week</p>	<p>Can I be aware of different types of relationship, including those between acquaintances, friends, relatives and families?</p> <ul style="list-style-type: none"> • Shared characteristics of healthy family life 	<p>Can I discuss why we should not judge people by their appearances or lifestyle</p> <p>Stereotyping</p> <ul style="list-style-type: none"> • Gender <p>Equality</p> <ul style="list-style-type: none"> • Human rights • Discrimination of individuals and communities. • Diversity in families 'Valuing all God's Children' 	<p>Keeping Myself Safe</p> <p>First Aid</p>
<p>Week 4</p>	<p>Can I recognise opportunities to make my own choices about food, what might influence my choices and the benefits of eating a balanced diet?</p> <ul style="list-style-type: none"> • What constitutes as a healthy meal • Risks of not eating a healthy diet 	<p>19th Oct - International Men's Day</p>	<p>Keeping Safe</p> <ul style="list-style-type: none"> • Seeking Permission and the meaning of Consent • What are the risks and factors of peer pressure? Having the ability to say 'No'. 	<p>Can I recognise what constitutes a positive, healthy relationship and develop the skills to form and maintain positive and healthy relationships?</p> <p>Expect Respect Teaching (Priority)</p> <p>Can I recognise ways in which a relationship can be unhealthy and who to talk to if they need support?</p>	<p>Can I understand what bullying is?</p> <ul style="list-style-type: none"> • Recognising positive and negative language • How to support others who are being bullied – what makes a good friend? 	<p>Can I create a list of personal coping strategies?</p> <ul style="list-style-type: none"> • Coping and understanding our changing feelings • Overcoming mistakes and learning from them

Week 5	1st October – Black History Month	Community - Can I understand differences and be accepting of other people's differences? <ul style="list-style-type: none"> • What does community mean? • How to resolve prejudice/discrimination within a community 			Can I explain how people should believe in themselves and their own capabilities?	Can I reflect on my learning journey this year? Can I reflect on my personal aspirations and goals?
Week 6	What makes me Wonderful? <ul style="list-style-type: none"> • What is our individuality and personal qualities • What are our personal strengths/interests, exploring self-worth 	Economic Wellbeing Can I reflect on and celebrate my achievements, identify my strengths, areas for improvement, set high aspirations and goals? <ul style="list-style-type: none"> • Exploring different careers/jobs • Stereotypes in the workplace • How Money is one factor, how some people choose voluntary work – how does this help our wider world? 	Internet Safety Day <ul style="list-style-type: none"> • Keeping Safe Online • How to respond appropriately and safely 			Can I prepare for moving to a new year group? (Transition)
Week 7	Can I recognise how images in the media do not always reflect reality and can affect how people feel about themselves? <ul style="list-style-type: none"> • Self-Image, how the media can provide mixed messages about beauty, drugs etc. • Keeping safe online, managing personal information. 					

