



## Medium Term Curriculum Overview 2021/22 – Autumn Term

**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.'*

	<b>Au1</b> <b>Koinonia</b> <b>Democracy</b> <b>Healthy Lifestyle/ Health and Wellbeing</b>	<b>Au2</b> <b>Generosity</b> <b>Individual Liberty</b> <b>Living in the Wider World - Respecting Environment/ Responsibility</b>
<b>Week 1</b> <b>To always explore the British Value of the Term</b>	<p style="text-align: center;"><b>British Value</b> <b>Democracy</b></p> <ul style="list-style-type: none"> <li>To understand the meaning of Democracy</li> </ul> <p style="text-align: center;"><b>We are a class family'</b></p> <ul style="list-style-type: none"> <li>To understand Class Routines/Expectations</li> <li>To know who can keep us safe in our classroom and at Bishop King</li> <li>To understand the learning day</li> <li>To know how to express themselves 'All About Me'</li> </ul> 	<p style="text-align: center;"><b>British Value</b> <b>Individual Liberty</b></p> <ul style="list-style-type: none"> <li>To understand the meaning of Individual Liberty</li> </ul> <p style="text-align: center;"><b>'We are all equal'</b> <b>Can I identify and respect the differences and similarities between people?</b></p> <ul style="list-style-type: none"> <li>To understand diversity within a community and learn how we respect people who are different to us? (BLM Movement) (Gender Equality) (LGBTQ+ Equality)</li> </ul> <p style="text-align: center;"><b>Can I understand and challenge stereotypes?</b></p> <ul style="list-style-type: none"> <li>To understand the challenges that stereotyping can bring.</li> <li>To know stereotyping can restrict opportunity and opinions.</li> </ul> <p>Using 'Valuing All God's Children' for support if needed.</p> 



Week 2	<p><b>Exploring Mental Health</b>  <b>Can I recognise feelings in myself?</b></p> <ul style="list-style-type: none"> <li>To understand and recognise and name different feelings</li> <li>To know how feelings can affect people's bodies and how they behave</li> <li>To know how to recognise what others might be feeling (exploring empathy) <ul style="list-style-type: none"> <li>To know and understand what coping strategies work for us.</li> </ul> </li> <li>To know how to overcoming mistakes and learning from them</li> </ul>	<p><b>'Shared Responsibilities'</b></p> <ul style="list-style-type: none"> <li>To learn and understand what and why rules are needed, and to know why different rules are needed for different situations</li> <li>To understand what are our own responsibilities and to know my shared and own responsibility in school, community and home.</li> <li>To understand our responsibility in caring for others and all living things</li> </ul> <p><b>Can I understand that I have to take responsibility for my choices?</b></p> <p><b>Shared Responsibilities</b></p> <ul style="list-style-type: none"> <li>To understand and recognise human rights, that are there to protect everyone.</li> <li>To understand the relationship between rights and responsibilities</li> <li>To know how we show care and concern for people and living things.</li> </ul>
Week 3	<p><b>Keeping Healthy (Physically and Mental Wellbeing)</b></p> <ul style="list-style-type: none"> <li>To understand what it means to be healthy, physically and healthy.</li> <li>To know how to keep healthy and to learn how to keep myself healthy physical and mentally</li> </ul>	<p><b>'Community'</b></p> <ul style="list-style-type: none"> <li>To know and understand why look after our local environment, Bishop King.</li> <li>To know and understand why we keep safe in the local environment, Sincil Bank.</li> </ul>

	<p><b>Mindfulness/Exploring Mental Health for Younger Children</b></p> <p><b>Can I recognise my own feelings?</b></p> <ul style="list-style-type: none"> <li>To understand how experiencing 'bad' feelings help me move forward. (Resilience)</li> <li>To know that bad feelings don't last forever, but we must experience them to prevent us from feeling that way again.</li> <li>To know who can help me and how can I help myself?</li> </ul>	<ul style="list-style-type: none"> <li>To know and understand why we look after our wider world.</li> </ul> <p><b>Can I respect equality and to be a productive member of a diverse community?</b></p> <ul style="list-style-type: none"> <li>To understand the meaning of equality</li> <li>To know how to show tolerance, respect and generosity to people in different community groups to me.</li> <li>To understand how to listen and respond respectfully to transitions, beliefs and lifestyles.</li> </ul>
Week 4	<p><b>Keeping Safe -Exploring First Aid'</b></p> <ul style="list-style-type: none"> <li>To understand and know how to keep safe at home.</li> <li>To understand risk in simple everyday situations and what actions to take to minimise harm.</li> </ul> <p><b>Keeping Safe</b></p> <ul style="list-style-type: none"> <li>To understand the meaning of seeking Permission and the meaning of Consent.</li> <li>To understand and know our own opinions of appropriate touch is.</li> <li>To know what the risks and factors of peer pressure are.</li> <li>To know and understand the confidence to have the ability to say 'No'.</li> </ul>	<p><b>Can I understand the importance of looking after the environment? (Plastic pollution)</b></p> <ul style="list-style-type: none"> <li>To understand how people's spending can affect others and the environment – fair-trade, single use plastic, giving to charity etc.</li> <li>To understand how to ensure sustainability.</li> <li>To understand and know ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)</li> </ul>
Week 5	<p><b>How do I keep myself physically and emotionally safe?</b></p>	<p><b>'Exploring Friendships'</b></p>

	<ul style="list-style-type: none"> <li>To know how to have the ability to say 'no' (Exploring Peer Pressure)</li> <li>To know what makes a 'real' friend.</li> <li>To understand the meaning of wellbeing and to know that mental health is as important as physical health.</li> </ul>	<b>Can I understand how I might hurt others feelings?</b> <ul style="list-style-type: none"> <li>To understand how my actions and behaviours can hurt others.</li> <li>To understand how to take responsibility for my behaviours.</li> <li>To know how trust works in a relationship (including friendship)</li> <li>To understand how trust can be broken and gained.</li> <li>To understand the idea of self-respect and to know how to treat others respectfully.</li> </ul>
Week 6	<b>'What makes me Wonderful?'</b> <ul style="list-style-type: none"> <li>To understand and know what is our individuality and personal qualities etc.</li> <li>To understand and know what are our personal strengths/interests are by understand and exploring self-worth.</li> </ul>	<b>'My Support Network – (Review)'</b> <ul style="list-style-type: none"> <li>To understand and know which adults can help me</li> <li>To know which members of the community can help me</li> <li>To know which friends can help me.</li> <li>To understand how could I help myself</li> </ul>
Week 7		