



**Medium Term Curriculum Overview 2021/22 – Spring 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.'*

	<p>Spr1 Hope <b>Rule of Law</b></p> <p>Healthy Lifestyle/ Health and Wellbeing – Understand risk/ resisting Pressure</p>	<p>Sp2 <b>Friendship</b> <b>Tolerance of those with different faiths and beliefs</b></p> <p>Relationships What is a healthy relationship?</p>
<p>Week 1 To always explore the British Value of the Term</p>	<p><b>British Values</b> <b>Rule of Law</b></p> <ul style="list-style-type: none"><li>To understand the 'Rule of Law'</li></ul>	<p><b>British Values</b> <b>Tolerance of those with different faiths and beliefs</b></p> <ul style="list-style-type: none"><li>To understand the meaning of tolerance and to know how to respect those with differences.</li></ul>

<p>Week 2</p>	<p><b>Keeping Ourselves Safe</b></p> <ul style="list-style-type: none"><li>• To understand and identify the risks and the influences of peer pressure.</li><li>• To understand and know controlling behaviours associated with peer pressure.</li><li>• To understand what the risks and factors of peer pressure?</li></ul>	<p><b>Young Leaders Programme</b></p>
<p>Week 3</p>	<p><b>Can I discuss how to keep my body safe?</b></p> <ul style="list-style-type: none"><li>• To understand and know the meaning of Consent &amp;</li><li>• To know how to have the ability to say 'No'.</li><li>• To know unwanted own opinion of unwanted physical/emotional contact and to know what strategies would we use</li></ul> <p><u>When to say 'no'/ 'I'll tell' –</u></p> <ul style="list-style-type: none"><li>• To know that sometimes we have a responsibility to tell</li><li>• To understand our changing bodies as we grow and how to keep our bodies safe. To understand pressures of media and online.</li></ul>	<p><b>Young Leaders Programme</b></p>

<p>Week 4</p>	<p><b>Can I say what makes me feel worried and what I can do about it?</b></p> <ul style="list-style-type: none"> <li>• To understand where to get advice and report concerns if worried about their own or someone else's personal safety (including online)</li> <li>• To know how to keep something confidential or secret and to know and understand when something confidential may need to be shared.</li> </ul>	<p><b>Young Leaders Programme</b></p>
<p>Week 5</p>	<p><b>Internet Safety Day</b> 8<sup>th</sup>February</p> <ul style="list-style-type: none"> <li>• To understand and know the risks of being online, including age restrictions.</li> <li>• To know the internet and digital devices can be used safely to find things out and to communicate with others</li> </ul>	<p><b>Young Leaders Programme</b></p>
<p>Week 6</p>	<p><b>Can I recognise how images in the media do not always reflect reality and can affect how people feel about themselves?</b></p> <ul style="list-style-type: none"> <li>• To understand pressures of self-image in social media.</li> <li>• To understand that the media's perception of beauty may not be reality.</li> <li>• To know that social media can glamorise beauty, drugs, alcohol etc.</li> </ul>	<p><b>Young Leaders Programme</b></p>
<p>Week 7</p>	<p style="background-color: #cccccc;"> </p>	<p> </p>