



PSHE Medium Term Plans

<u>Year 4 Unit Names:</u>	<u>Golden Threads:</u>
Being Me In My World Celebrating Difference Dreams and Goals Healthy Me Relationships Changing Me	Respect and Empathy Safety and Risk Management Health and Well-being Positive Relationships Resilience and Self-esteem Responsibility and Citizenship

Long Term Plans	Enquiry Theme	Objectives	Golden Threads Links	Assessment
Being Me In My World	Being a school citizen	1. To know my attitudes and actions make a difference to the class team 2. To understand who is in my school community, the roles they play and how I fit in	Respect and Empathy Positive Relationships Responsibility and Citizenship	1) Name how my attitudes and actions make a difference to the class team

		- To understand how democracy works through the School Council - To understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them - To understand how groups come together to make decisions - To understand how democracy and having a voice benefits the school community		- Say who is in my school community, the roles they play and how I fit in - Understand how democracy works through the School Council - Understand that my actions affect myself and others; Demonstrate that I care about other people's feelings and try to empathise with them - Understand how groups come together to make decisions - Explain how democracy and having a voice benefits the school community
Celebrating Difference	Challenging assumptions	- To understand that, sometimes, we make assumptions based on what people look like - To understand what influences me to make assumptions based on how people look - To know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure - To say why witnesses sometimes join in with bullying and sometimes don't tell	Respect and Empathy Health and Well-being Positive Relationships Resilience and Self-esteem Responsibility and Citizenship	- Name some assumptions we might make based on what people look like - Know what influences me to make assumptions based on how people look - Know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure - Say why witnesses sometimes join in with bullying and sometimes don't tell

		- To identify what is special about me and value the ways in which I am unique - To say a time when my first impression of someone changed when I got to know them		- Say what is special about me and value the ways in which I am unique - Name a time when my first impression of someone changed when I got to know them
Dreams and Goals	Overcoming disappointment	- To tell others about some of my hopes and dream - To understand that sometimes hopes and dreams do not come true and that this can hurt - To know that reflecting on positive and happy experiences can help me to counteract disappointment - To know how to make a new plan and set new goals even if I have been disappointed - To know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group - To identify the contributions made by myself and others to the group's achievement	Respect and Empathy Resilience and Self-esteem Responsibility and Citizenship	- Tell others about some of my hopes and dream - Explain why sometimes hopes and dreams do not come true and that this can hurt - Know that reflecting on positive and happy experiences can help me to counteract disappointment - Know how to make a new plan and set new goals even if I have been disappointed - Know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group - Name the contributions made by myself and others to the group's achievement

Healthy Me	Smoking and Alcohol	1. To recognise how different friendship groups are formed, how I fit into them and the friends I value the most 2. To understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations 3. To understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke 4. To understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol 5. To recognise when people are putting me under pressure and can explain ways to resist this when I want 6. To know myself well enough to have a clear picture of what I believe is right and wrong	Respect and Empathy Safety and Risk Management Health and Well-being Resilience and Self-esteem	1) Recognise how different friendship groups are formed, how I fit into them and the friends I value the most 2) Understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations 3) Name some facts about smoking and its effects on health, and also some of the reasons some people start to smoke 4) Name some of the facts of alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol 5) Recognise when people are putting me under pressure and can explain ways to resist this when I want 6) Know myself well enough to have a clear picture of what I believe is right and wrong
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Relationships	Love and loss	1. To recognise situations which can cause jealousy in relationships 2. To identify someone I love and can express why they are special to me 3. To tell others about someone I know that I no longer see 4. To recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends 5. To understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older 6. To know how to show love and appreciation to the people and animals who are special to me	Respect and Empathy Health and Well-being Positive Relationships Resilience and Self-esteem	1) Name some situations which can cause jealousy in relationships 2) Identify someone I love and can express why they are special to me 3) Tell others about someone I know that I no longer see 4) Say how friendships change, know how to make new friends and how to manage when I fall out with my friends 5) Understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older 6) Say how to show love and appreciation to the people and animals who are special to me
Changing Me	Confidence in change	1. To understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm 2. To name the internal and external parts of male and female bodies that are necessary for making a baby	Health and Well-being Positive Relationships Resilience and Self-esteem	1) Name some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm 2) Name the internal and external parts of male and female bodies that are

		3. To understand what responsibilities there are in parenthood and the joy it can bring 4. I can consider what has influenced my life and what might influence the lives of other people 5. To describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this 6. To know how the circle of change works and can apply it to changes I want to make in my life. 7. To identify changes that have been and may continue to be outside of my control that I learnt to accept 8. To identify what I am looking forward to when I move to a new class		necessary for making a baby 3) List some of the responsibilities there are in parenthood and the joy it can bring 4) Say what has influenced my life and what might influence the lives of other people 5) Describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this 6) Know how the circle of change works and can apply it to changes I want to make in my life. 7) Name some changes that have been and may continue to be outside of my control that I learnt to accept 8) Say what I am looking forward to when I move to a new class
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