



# Year 4 PSHE Planning

## Guidance

- Each term, there should be a minimum of 9 lessons. Some topics may only require one lesson whereas others may require several.
- Each topic should begin with a baseline activity which should be followed up/added to at a later time to show learning. This could be an individual/group/whole class activity.
- Work should be recorded in individual PSHE books or in the class journal. This book will follow pupils throughout the school.
- There are links included for each of the topics and some resources have already been saved to the M-Drive under *PSHE-Resources-Y5-Autumn/Spring/Summer*.
- If you find other resources, please add them to your resource folder as this will help others in the future.
- With regard to SMSC specifically, please include 2 sessions of meditation per term from 'My Heart Room'. 'Sitting still like a frog' (shorter sessions) can be used as starters or even in assemblies. These should be used weekly.
- Please continue to have WonderWalls in your rooms as well as Worry Boxes.
- Finally, there is a page at the end of this document with a list of the many sites that I have found to be useful.

## Autumn Term

## Core Theme: Health and Wellbeing

Key Areas	Big Questions	Topics
Healthy Lifestyles	What can we do to stay healthy?	What makes a balanced lifestyle and making choices, why sleep is important; drugs common to everyday life; media images, reality/fantasy, true/false; looking after our teeth,
Growing and Changing	How do we grow and change?	Recognising what they are good at; setting goals. Changes that happen in life and feelings associated with change; conflicting emotions
Keeping Safe	What can we do to stay safe?	How to keep safe in local area – roads, cycle etc. and safety online, personal info, passwords; people who help them stay healthy and safe; pressure, managing influences, media, peer

#### **Healthy Lifestyles**

Тор	What makes a balanced lifestyle and making choices;	Big Question: What can we do to stay hea	Ithy?
	why sleep is important; drugs common to everyday life; media images, reality/fantasy, true/false; looking after our teeth (Science).		
The	learner will be able to:	Key Questions	Links and Resources
•	Explain what is meant by a 'balanced lifestyle'  Describe the potential short and long term consequences that people's choices can have on maintaining good health Identify what can influence people's choices about their health Identify steps that help make an informed choice  Explain what a drug is (give a definition of 'drug')  Describe how drugs change the way people feel (for example, more relaxed or more energised)	<ul> <li>How do we feel when we've had too much (eg: sweets) or too little of something (eg: physical activity, water)?</li> <li>What does it mean to live a 'balanced' lifestyle?</li> <li>What/who helps people make healthy choices? What doesn't help so much?</li> <li>Do we always have to believe/trust what people tell us about health choices?</li> <li>How do we decide what is best for us?</li> <li>How does a drug change how someone feels?</li> <li>What are some drugs we see in everyday life?</li> </ul>	https://www.bbc.co.uk/bitesize/topics/zrffr82 - Lifestyle  https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint - Y3/4 Lessons
•	Identify some of the risks associated with drugs common in everyday life Identify some of the laws relating to drugs seen in everyday life Explain someone might choose or not choose to use a drug Identify alternatives to using drugs Identify different behaviours around drug use and when a drug can become harmful Identify where people can get help and support (e.g. smoking cessation services)	<ul> <li>How do people use drugs?</li> <li>Why do people use drugs?</li> </ul>	http://www.nottinghamschools .org.uk/media/1169972/ks2- jed-ted-lessonplanslr.pdf - Drugs  - Ten:Ten - LKS2 -
•	Explain that images in the media can be changed, altered or adapted and this means therefore they may not represent the 'true' image Identify why an image might be changed, such as to sell something, including an idea to others  Describe the different thoughts an image of a place or product can make someone think about Identify how this might influence their viewpoint or actions	<ul> <li>Are the images we see in the media always 'real'?</li> <li>Why might people change an image or photograph?</li> <li>Does it matter?</li> <li>What do different images make people think or feel?</li> </ul>	Module 1 & 3

#### **Growing and Changing**

Topics:	Recognising what they are good at; setting goals.	Big Question: What can we do to stay healthy?	
	Changes that happen in life and feelings associated		
	with change; conflicting emotions		
The learner	will be able to:	Key Questions	Links and Resources
proud of. Identify asp Identify per Identify wh Describe ho their goals.  Describe fe Identify wh can feel. Explain that change). Explain the	their worth by identifying positive things about themselves and what they are birations for the end of term/school year. It is sonal strengths that will help them achieve their goals. It is personal actions they can take to improve. It is well-aring from mistake and working with others can help them to achieve their goals of different feelings (good and not so good). It is elings according to their intensity to their intensity to their intensity to the feelings (good or not so good) might be overwhelming and describe how this to people can also feel lots of different emotions all at once (such as at times of the importance of noticing different feelings. The importance of noticing different feelings, recognising that this can help manage the importance of sharing feelings, recognising that this can help manage.	<ul> <li>What makes us feel good about ourselves?</li> <li>How do others make us feel good about ourselves?</li> <li>What are our strengths?</li> <li>How does it feel to overcome a problem or achieve something?</li> <li>What would we like to achieve by the end of year 4?</li> <li>How can we describe different feelings?</li> <li>How does it feel when someone is overwhelmed with feelings?</li> <li>What can make people feel like that?</li> <li>What are good ways of coping with these feelings?</li> <li>What can we do to help ourselves when we experience strong emotions?</li> </ul>	https://plprimarystars.com/resources/pshe-sample-pack - Self Esteem  https://plprimarystars.com/resources/resilience - Resilience  https://www.pshe-association.org.uk/curriculum-and-resources/resources/mental-health-and-emotional-wellbeing-powerpoint  SMART Goals materials - M-Drive  https://www.youtube.com/watch?v=DxIDKZHW3-E - AnnaFreud video  - Ten:Ten - LKS2 - Module 1 & 3

#### **Keeping Safe**

	·		
Topics:	How to keep safe in local area – roads, cycle etc. and	, ,	
	safety online, personal info, passwords; people who		
	help them stay healthy and safe; pressure, managing		
	influences, media, peer		
The learner	will be able to:	Key Questions	Links and Resources
<ul> <li>Recognise p</li> <li>Give examp what peopl</li> <li>Describe ar railways, w</li> </ul>	y there are rules about safety in different places. cotential consequences of safety rules not being followed. coles of when remembering to keep the safety rules might be more challenging and e should consider in these situations. and demonstrate how to themselves safe in the local environment (such as near roads, ater, building sites, around fire/fireworks). en, how and who to alert if there is danger.	<ul> <li>What ways do we keep safe in different places?</li> <li>Why are safety rules important to follow?</li> <li>What could go wrong if safety rules are not followed?</li> <li>When is it more challenging to remember to follow safety rules?</li> <li>When should we listen to our feelings about safety?</li> <li>What should we do if we feel unsafe?</li> </ul>	https://www.pshe- association.org.uk/curric lum-and- resources/resources/exp oring-risk-relation- gambling-lesson-pack-ks2 - M-Drive
<ul> <li>these</li> <li>Recognise properties</li> <li>Explain why they live, portion in the properties</li> <li>Identify the beapproproperties</li> <li>Recognise to one person</li> </ul>	that an image (or text) might be shared to many people, even though it was only sent	<ul> <li>Why are online safety rules important to follow?</li> <li>What could go wrong if safety rules are not followed?</li> <li>What should we do if something does not feel ok?</li> </ul>	https://learning.nspcc.org.uk/ research- resources/schools/share- aware-teaching/  https://www.tes.com/teachin g-resource/identifying- risk-and-keeping-safe- 6392174 - M-Drive  https://mediasmart.uk.com/a n-introduction-to-
<ul><li>they may n</li><li>Identify wh</li><li>Describe th</li></ul>	t images in the media can be changed, altered or adapted and this means therefore ot represent the 'true' image y an image might be changed, such as to sell something, including an idea to others e different thoughts an image of a place or product can make someone think about withis might influence their viewpoint or actions.	<ul> <li>Are the images we see in the media always 'real'?</li> <li>Why might people change an image or photograph?</li> <li>Does it matter?</li> <li>What do different images make people think or feel?</li> </ul>	- Ten:Ten - LKS2 - Module 3

Identify how this might influence their viewpoint or actions

# Spring Term

## Core Theme: Relationships

Key Areas	Big Questions	Topics
Feelings and emotions	How do we feel?	Keeping something confidential or secret; when to break a confidence; recognise and manage dares; feelings, empathy
Healthy Relationships	What makes happy, healthy relationships?	Actions, behaviours, consequences; collaborative working, shared goals, disputes, conflict, feedback, support; privacy, sharing, personal boundaries;
Valuing difference	How are we the same/different?	Listen and respond effectively to people; share points of view; bullying, discrimination, aggressive behaviour

#### Feelings and emotions

Topics:	Keeping something confidential or secret; when to break a confidence; confidentiality, secrets, surprises, personal safety; feelings, empathy	Big Question: How do we feel?	
The learner v	will be able to:	Key Questions	Links and Resources
<ul><li>Give reasons</li><li>Describe how</li><li>Explain why n</li><li>Identify strate</li></ul>	it means to keep something confidential or secret for when we should/should not agree to keeping something confidential/secret it feels to be asked to keep a secret we are unsure of or feel uncomfortable about no one should ask us to keep a secret we feel uncomfortable about keeping egies for speaking up if a secret should not be kept es of when it is right to change our minds, and when it is ok, or even really important, to dence	<ul> <li>Do we have to keep other people's secrets?</li> <li>How might someone feel to be asked to keep a secret that worries them, they are unsure or feel uncomfortable about?</li> <li>Why is it important to tell an adult we trust if we think there might be a secret that means someone is unsafe or might be upset or hurt? What would happen next?</li> </ul>	https://www.tes.com/teaching- resource/secrets-pshe-ks2- 11809642 – M-Drive https://www.pshe- association.org.uk/system/files/I srespect%20Nobody%20Discussion
<ul><li>Give example</li><li>Describe how</li><li>Explain what</li><li>Discuss or de</li></ul>	ide range of different feelings es of how to recognise feelings in others of feelings can affect thoughts and behaviour makes feelings better or worse/what helps/doesn't help monstrate different responses they can give in response to a range of feelings in others	<ul> <li>How can we tell how other people are feeling?</li> <li>What signs do people give that suggest how they are feeling?</li> <li>What can we do about other people's feelings?</li> </ul>	n%20Guide%208- 12%20year%20olds.pdf – M-Driv
(individually,	collectively)		https://www.pshe- association.org.uk/curriculum- and-resources/resources/mental health-and-emotional-wellbeing- powerpoint
			- Ten:Ten - LKS2 - Module 1 & 3

## **Healthy Relationships**

Topics:	Actions, behaviours, consequences; collaborative working, shared goals, disputes, conflict, feedback, support; privacy, sharing, personal boundaries;	Big Question: What makes happy, healthy relationships?	
The learner	r will be able to:	Key Questions	Links and Resources
<ul><li>Explain steps</li><li>Identify and of</li></ul>	their actions or choices can hurt others on the outside and on the inside that can be taken to solve problems where actions have impacted on others demonstrate behaviours and actions that show respect for self and others t is important to 'think before we act'	<ul> <li>* Who is responsible for our behaviour?</li> <li>• How might our actions and choices affect other people on the outside? On the inside?</li> <li>• How can we show that we respect ourselves and other people?</li> <li>• What steps can we take to solve problems that our actions may have caused?</li> </ul>	https://www.tes.com/teaching- resource/choices-and- consequences-scenario-cards- 6304342 – M-Drive
<ul> <li>Demonstrate</li> <li>Explain the in cooperating,</li> <li>Explain practi</li> <li>Identify ways negotiate</li> <li>Give example</li> <li>Demonstrate</li> <li>Give example</li> </ul>	a 'goal' is and why having a clear goal can be helpful negotiating a shared goal or working collaboratively idividual attributes required to work with a partner and in a team (e.g. listening, contributing, encouraging, presenting, leading) ical steps that can be taken to include others in our groups/work co-operatively of managing conflict or disagreements that might arise explain what means to ess of compromise that occur in school and home enegotiating a 'win-win' outcome ess of where strategies have worked well/not worked in class/the playground demonstrate how to give someone feedback and support	<ul> <li>What makes a good goal?</li> <li>How can everyone come to a shared decision?</li> <li>How will it look / be if people are all working well together?</li> <li>How can people manage or overcome disagreements that might arise in a team?</li> <li>How can people negotiate and compromise?</li> <li>Are there times when someone shouldn't compromise?</li> <li>What can someone do to calm down when they feel angry, sad or frustrated?</li> <li>How can we help others?</li> </ul>	https://www.equalityhumanrights com/en/secondary-education- resources/lesson-plan- ideas/lesson-1-actions-and- consequences https://www.twinkl.co.uk/resource/t-c-255229-working-together- activity-sheet – M-Drive https://www.twinkl.co.uk/resource/t2-p-412-ks2-resolving-conflict-
<ul> <li>people, cla</li> <li>Identify th</li> <li>Explain wh</li> <li>Describe wonline)</li> </ul>	aples of the sorts of things that people want share with others – (including special assmates, everyone) usings / times when people might want or need to keep privacy usy it is important to respect privacy vays people can keep personal boundaries / privacy in different contexts (including what happens when a privacy may need to be broken and when this would be	<ul> <li>What sorts of things do people like sharing together – with whom?</li> <li>Is this the same for everyone?</li> <li>When is it more (or less or never) important for privacy to be kept?</li> </ul>	https://classroom.kidshealth.org/classroom/3to5/personal/growing/conflict_resolution.pdf - M-Drive  - Ten:Ten - LKS2 - Module 2

## Valuing difference

Topics:	Listen and respond effectively to people; share points of view; bullying, discrimination, aggressive behaviour	Big Question: How are we the same/different?	
The learner	will be able to:	Key Questions	Links and Resources
<ul><li>Explain why</li><li>Recognise the responding,</li></ul>	at it means to listen well to others it is important to consider other people's point of view nat it is important to take other people's feelings into consideration before especially if we don't agree s to constructively challenge other peoples' points of view	<ul> <li>How do people show others that their views, ideas and feelings are valued?</li> <li>How might someone feel if they think their views, ideas and feelings have been ignored?</li> <li>What is the benefit of trying to see things from someone else's point of view?</li> <li>What if we don't agree with other people's points of view?</li> </ul>	http://www.primaryresources.co. uk/pshe/pshe.htm – M-Drive  https://www.equalityhumanrights. com/en/primary-education- resources/lesson-activity- ideas/learning-area-2-challenging-
<ul> <li>Recognise th</li> <li>Recognise w</li> <li>Identify how</li> <li>Explain what someone fee</li> </ul>	between playful teasing, hurtful behaviour and bullying nat bullying and aggressive can be online as well as occurring in physical life that is meant by discrimination and some types of discrimination that exist this can negatively affect people (e.g. their feelings and aspirations) at to do if they witness discrimination/bullying/hurtful behaviour/name calling or if they are being bullied re people can get advice and help	<ul> <li>How might the words/names that people use make someone feel bullied?</li> <li>What can we do if we witness bullying online or in person?</li> <li>Why might it sometimes be difficult to tell someone if we are being bullied or if someone else is being bullied?</li> </ul>	stereotypes-and

## Summer Term

## Core Theme: Living in the Wider World

Key Areas	Big Questions	Topics
Rights and Responsibilities	What are your rights and responsibilities?	Appreciating difference and diversity in the UK and around the world; media, social media, information forwarding; rights, duties, home, school, environment
Environment	How can we look after our world?	Sustainability of the environment across the world; fair trade/local produce (CROSS YEAR-GROUP PROJECT with Y5)
Money	What can you do with money?	Role of money; managing money (saving and budgeting); what is meant by interest and loan; resources, sustainability, choices

Topics:	Appreciating difference and diversity in the UK and around the world; media, social media, information forwarding; rights, duties, home, school, environment	<b>Big Question:</b> What are your rights and re	sponsibilities?
The learner	will be able to:	Key Questions	Links and Resources
<ul> <li>Recognise the Identify reas</li> <li>Recognise the one place / c</li> <li>Identify som</li> </ul>	UK is made of people from different religious and ethnic identities at this makes the UK a richly diverse community ons why people might move from one place to another at this has happened for many thousands years (people have always moved from ountry to another) e of the ways people can show respect for different cultures and identities in a celebrating the range of different identities and cultures in the UK	<ul> <li>* What are the benefits of belonging to a group or community?</li> <li>• How do we all benefit from living in a diverse community?</li> <li>• What if other people's beliefs or traditions differ to ours?</li> </ul>	- Ten:Ten - LKS2 - Module 3
<ul><li>events</li><li>Give reasons persuade per</li></ul>	different ways people find out information and news, about people, places and for why the media tries to influence people's choices and decisions (e.g. to ople to purchase) this is done (e.g. emotive language in adverts) not everything they see/read is true (e.g. false claims in adverts, internet scams, important questions we should ask when we see images, programmes or articles	<ul> <li>Is what we see in the media really true?</li> <li>Can we ever really know?</li> <li>What should we think about when looking at adverts?</li> </ul>	
<ul><li>describe rights environment</li><li>identify steps t</li></ul>	relationship between rights and responsibilities and responsibilities they have at home, at school, in the community and hey can take and the skills they need to help fulfil duties/responsibilities of how they can make a difference to local and world-wide environment issues	<ul> <li>What is the difference between a right and a responsibility?</li> <li>How are rights related to responsibilities?</li> <li>What are we responsible for?</li> <li>How can people be organised?</li> <li>What impact can we have on the environment?</li> </ul>	

#### Environment

Topics:	Sustainability of the environment across the world; fair trade/local produce (CROSS YEAR-GROUP PROJECT with Y5)	Big Question: How can we look after our world?	
The learne	r will be able to:	Key Questions	Links and Resources
<ul> <li>heating, for Recognise sustainab</li> <li>Identify an make</li> <li>Recognise</li> </ul>	ow the environment provides resources needed by humans (for electricity, ood, paper, fuel etc.)  e that there is limited supply of the earth's resources and the importance of ility  nd explain their own environmental responsibilities and the difference this can  e how resources are shared across communities and the affects this can have on nunities / the environment	<ul> <li>What impact do our actions towards sustaining our environment have on us now?</li> <li>What about future impact?</li> </ul>	

## Money

Topics:	Role of money; managing money (saving and	Big Question: What can you do with mone	ey?
	budgeting); what is meant by interest and loan;		
	resources, sustainability, choices		
The learner	will be able to:	Key Questions	Links and Resources
<ul> <li>Identify a randers)</li> <li>Explain difficult</li> <li>Identify was about sper</li> <li>Describe has products</li> </ul>	e importance of money in people's lives range of forms of payment the reasons for using these (other than coins and ferent ways of keeping track of money and why this is important ays in which people manage their money (e.g. saving, budgeting, being careful ading money, choosing items that are 'good value') ow shops, service, banks and manufactures try to persuade people to buy their sions about whether something is better 'value for money' than something else	<ul> <li>How do people manage money they get?</li> <li>What do people have to think about before we decide to spend or save?</li> </ul>	
<ul><li>Explain wh</li><li>Identify wh</li><li>something</li></ul>	uations where someone might want or need to 'save' or 'borrow' money at is meant by 'interest' in relation to saving and borrowing nat would help someone decide whether to 'save' or 'borrow' money for they need/want ome of the feelings someone might have about doing this	<ul> <li>What helps people decide whether to save money?</li> <li>What helps people decide whether to borrow money?</li> <li>How does it feel to save up for something you really want, opposed to having something now?</li> </ul>	
<ul> <li>heating, fo</li> <li>Recognise sustainabil</li> <li>Identify an make</li> <li>Recognise</li> </ul>	w the environment provides resources needed by humans (for electricity, od, paper, fuel etc.) that there is limited supply of the earth's resources and the importance of ity d explain their own environmental responsibilities and the difference this can how resources are shared across communities and the affects this can have on unities / the environment	<ul> <li>What impact do our actions towards sustaining our environment have on us now?</li> <li>What about future impact?</li> </ul>	

Debates, topical issues - Newsround, wonderwalls	https://www.mentallyhealthyschools.org.uk/resources/
https://www.pspss.org.uk/kooping.children.cafe/cuppert.for	http://www.primaryresources.co.uk/pshe/pshe.htm
https://www.nspcc.org.uk/keeping-children-safe/support-for- parents/underwear-rule/	https://www.egfl.org.uk/sites/default/files/School_effectiveness/Health-improvement/MHWB/NOrth%20Somerset%20Council%20document.pdf
https://www.nspcc.org.uk/keeping-children-safe/online-safety/	https://www.childnet.com/teachers-and-professionals
https://www.sexeducationforum.org.uk/resources/whole-school-approach-rse-audit-tool	https://www.bbc.co.uk/teach/primary/zd7p47h
http://www.anxietyuk.org.uk/	https://www.bbc.co.uk/bitesize/subjects/zmpfb9q - KS1
https://www.pshe-association.org.uk/content/government-equalities-office-anti-homophobic	https://www.bbc.co.uk/bitesize/levels/zbr9wmn – KS2
https://www.foodafactoflife.org.uk/	https://learning.nspcc.org.uk/research-resources/schools/share-aware-teaching/
https://plprimarystars.com/for-schools	https://mediasmart.uk.com/primary-resources/
http://www.nicurriculum.org.uk/docs/key_stages_1_and_2/areas_of_learning/pdmu/livinglearningtogether/year6/llt_6_Unit_3.pdf	http://www.nottinghamschools.org.uk/media/1169972/ks2-jed-ted-lessonplanslr.pdf
	https://www.wwf.org.uk/get-involved/schools/resources#age
https://www.nutrition.org.ukxWfMRO- 1WJNq2MLK5u5_EonI5licEnuYDwJKfVXD5qcUKyeHp4w6rK7D8nYYHuOvV- bvOpxtKM	http://sealcommunity.org/resource-panel
https://www.equalityhumanrights.com/en/secondary-education-	https://www.gogivers.org/lessons/
resources/lesson-plan-ideas/lesson-1-actions-and-consequences	https://natwest.mymoneysense.com/teachers/resources-8-12s/
https://www.equalityhumanrights.com/en/primary-education-resources	https://www.theguardian.com/newswise-unit-of-work