

## Year 4 PSHE Medium Term Planner

Term	Strand	In this unit of work, students learn...
1	<p><b><u>Health and wellbeing</u></b></p> <p><b>Physical health and Mental wellbeing</b> Maintaining a balanced lifestyle; oral hygiene and dental care</p> <p><b>PoS Refs: H2, H5, H11</b></p>	<ul style="list-style-type: none"> <li>• to identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally</li> <li>• what good physical health means and how to recognise early signs of physical illness</li> <li>• that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary</li> <li>• how to maintain oral hygiene and dental health, including how to brush and floss correctly</li> <li>• the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health</li> </ul>
1	<p><b><u>Relationships</u></b></p> <p><b>Families and friendships</b> Positive friendships, including online</p> <p><b>PoS Refs: R10, R11, R12, R13, R18</b></p>	<ul style="list-style-type: none"> <li>• about the features of positive healthy friendships such as mutual respect, trust and sharing interests</li> <li>• strategies to build positive friendships</li> <li>• how to seek support with relationships if they feel lonely or excluded</li> <li>• how to communicate respectfully with friends when using digital devices</li> <li>• how knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don't know</li> <li>• what to do or whom to tell if they are worried about any contact online</li> </ul>
1	<p><b><u>Living in the Wider World</u></b></p> <p><b>Belonging to a community</b> What makes a community; shared responsibilities</p> <p><b>PoS Refs: L4, L6, L7</b></p>	<ul style="list-style-type: none"> <li>• the meaning and benefits of living in a community</li> <li>• to recognise that they belong to different communities as well as the school community</li> <li>• about the different groups that make up and contribute to a community</li> <li>• about the individuals and groups that help the local community, including through volunteering and work</li> <li>• how to show compassion towards others in need and the shared responsibilities of caring for them</li> </ul>

<b>2</b>	<p style="text-align: center;"><b><u>Relationships</u></b></p> <p><b>Safe relationships</b> Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> <p><b>PoS Refs: R20, R23, R27, R28</b></p>	<ul style="list-style-type: none"> <li>• to differentiate between playful teasing, hurtful behaviour and bullying, including online</li> <li>• how to respond if they witness or experience hurtful behaviour or bullying, including online</li> <li>• recognise the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable</li> <li>• how to manage pressures associated with dares</li> <li>• when it is right to keep or break a confidence or share a secret</li> <li>• how to recognise risks online such as harmful content or contact</li> <li>• how people may behave differently online including pretending to be someone they are not</li> <li>• how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online</li> </ul>
<b>2</b>	<p style="text-align: center;"><b><u>Living in the wider world</u></b></p> <p><b>Media literacy and Digital resilience</b></p> <p>How data is shared and used</p> <p><b>PoS Refs: L13, L14</b></p>	<ul style="list-style-type: none"> <li>• that everything shared online has a digital footprint</li> <li>• that organisations can use personal information to encourage people to buy things</li> <li>• to recognise what online adverts look like</li> <li>• to compare content shared for factual purposes and for advertising</li> <li>• why people might choose to buy or not buy something online e.g. from seeing an advert</li> <li>• that search results are ordered based on the popularity of the website and that this can affect what information people access</li> </ul>
<b>2</b>	<p style="text-align: center;"><b><u>Health and Wellbeing</u></b></p> <p><b>Growing and changing</b> Personal identity; recognising individuality and different qualities; mental wellbeing</p> <p><b>PoS Refs: H16, H25, H26, H27</b></p>	<ul style="list-style-type: none"> <li>• about personal identity and what contributes to it, including race, sex, gender, family, faith, culture, hobbies, likes/dislikes</li> <li>• that for some people their gender identity does not correspond with their biological sex</li> <li>• how to recognise, respect and express their individuality and personal qualities</li> <li>• ways to boost their mood and improve emotional wellbeing</li> <li>• about the link between participating in interests, hobbies and community groups and mental wellbeing</li> </ul>
<b>3</b>	<p style="text-align: center;"><b><u>Relationships</u></b></p> <p><b>Respecting ourselves and others</b></p>	<ul style="list-style-type: none"> <li>• to recognise differences between people such as gender, race, faith</li> <li>• to recognise what they have in common with others e.g. shared values, likes and dislikes, aspirations</li> <li>• about the importance of respecting the differences and similarities between people</li> </ul>

	Respecting differences and similarities; discussing difference sensitively  <b>PoS Refs: R32, R33</b>	<ul style="list-style-type: none"> <li>• a vocabulary to sensitively discuss difference and include everyone</li> </ul>
<b>3</b>	<p><b><u>Living in the Wider World</u></b></p> <p><b>Money and Work</b> Making decisions about money; using and keeping money safe</p> <p><b>PoS Refs: L17, L19 L20, L21</b></p>	<ul style="list-style-type: none"> <li>• how people make different spending decisions based on their budget, values and needs</li> <li>• how to keep track of money and why it is important to know how much is being spent</li> <li>• about different ways to pay for things such as cash, cards, e-payment and the reasons for using them</li> <li>• that how people spend money can have positive or negative effects on others e.g. charities, single use plastics</li> </ul>
<b>3</b>	<p><b><u>Health and Wellbeing</u></b></p> <p><b>Keeping safe</b> Medicines and household products; drugs common to everyday life</p> <p><b>PoS Refs: H10, H38, H40, H46</b></p>	<ul style="list-style-type: none"> <li>• the importance of taking medicines correctly and using household products safely</li> <li>• to recognise what is meant by a 'drug'</li> <li>• that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing</li> <li>• to identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects</li> <li>• to identify some of the risks associated with drugs common to everyday life</li> <li>• that for some people using drugs can become a habit which is difficult to break</li> <li>• how to ask for help or advice</li> </ul>