



## Year Four PSHE/RSE Overview for the Year

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Term 1</b>	<p>Being me in my World</p> <p><b>Lesson 1: Becoming a class team</b></p> <p><b>LO:</b> To know my attitudes and actions make a difference to the class team.</p> <p><b>Big Idea (Aspect):</b> <b>Creativity (Speaking, listening and sharing)</b></p> <p><b>Investigation (Issues, evidence and ideas)</b></p>	<p>Being me in my World</p> <p><b>Lesson 2: Being a school citizen.</b></p> <p><b>LO:</b> To understand who is in my school community, the roles they play and how I fit in.</p> <p><b>Big Idea (Aspect):</b> <b>Creativity (Speaking, listening and sharing)</b></p> <p><b>Investigation (Issues, evidence and ideas)</b></p>	<p>Being me in my World</p> <p><b>Lesson 3: Rights, Responsibilities and Democracy</b></p> <p><b>LO:</b> To understand how democracy works through the School Council.</p> <p><b>Big Idea (Aspect):</b> <b>Creativity (Speaking, listening and sharing)</b></p> <p><b>Investigation (Issues, evidence and ideas)</b></p>	<p>Being me in my World</p> <p><b>Lesson 4: Rewards and consequences</b></p> <p><b>LO:</b> To understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them.</p> <p><b>Big Idea (Aspect):</b> <b>Creativity (Speaking, listening and sharing)</b></p> <p><b>Investigation (Issues, evidence and ideas)</b> <b>Nature (Rights of others)</b></p>	<p>Being me in my World</p> <p><b>Lesson 5: Our Learning Charter</b></p> <p><b>LO:</b> To understand how groups come together to make decisions.</p> <p><b>Big Idea (Aspect):</b> <b>Creativity (Speaking, listening and sharing)</b></p> <p><b>Investigation (Issues, evidence and ideas)</b></p>	<p>Being me in my World</p> <p><b>Lesson 6: Owning our Learning Charter</b></p> <p><b>LO:</b> To understand how democracy and having a voice benefits the school community.</p> <p><b>Big Idea (Aspect):</b> <b>Creativity (Speaking, listening and sharing)</b></p> <p><b>Investigation (Issues, evidence and ideas)</b></p>
<b>Term 2</b>	<p>Celebrating Difference</p> <p><b>Lesson 1: Judging by Appearances</b></p> <p><b>LO:</b> To understand that, sometimes, we make</p>	<p>Celebrating Difference</p> <p><b>Lesson 2: Understanding influences</b></p> <p><b>LO:</b> To understand what influences me to make</p>	<p>Celebrating Difference</p> <p><b>Lesson 3: Understanding Bullying</b></p> <p><b>LO:</b> To know that sometimes bullying is hard to spot and I know what to</p>	<p>Celebrating Difference</p> <p><b>Lesson 4: Problem-solving</b></p> <p><b>LO:</b> To tell you why witnesses sometimes join in with bullying and sometimes don't tell</p>	<p>Celebrating Difference</p> <p><b>Lesson 5: Special Me</b></p> <p><b>LO:</b> To identify what is special about me and value the ways in which I am unique</p>	<p>Celebrating Difference</p> <p><b>Lesson 6: Celebrating Difference: how we look</b></p> <p><b>LO:</b> To tell you a time when my first impression</p>



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	<p>assumptions based on what people look like</p> <p><b>Big Idea (Aspect):</b>  <b>Creativity (Speaking, listening, sharing)</b>  <b>Comparison (Compare and contrast)</b>  <b>Place (Diversity)</b></p>	<p>assumptions based on how people look</p> <p><b>Big Idea (Aspect):</b>  <b>Creativity (Speaking, listening, sharing)</b>  <b>Comparison (Compare and contrast)</b>  <b>Place (Diversity)</b>  <b>Investigation (Media)</b></p>	<p>do if I think it is going on but I'm not sure</p> <p><b>Big Idea (Aspect):</b>  <b>Creativity (Speaking, listening, sharing)</b>  <b>Comparison (Compare and contrast)</b>  <b>Humankind (Unacceptable behaviour)</b></p>	<p><b>Big Idea (Aspect):</b>  <b>Creativity (Speaking, listening, sharing)</b>  <b>Comparison (Compare and contrast)</b>  <b>Humankind (Unacceptable behaviour)</b></p>	<p><b>Big Idea (Aspect):</b>  <b>Creativity (Speaking, listening, sharing)</b>  <b>Comparison (Compare and contrast)</b>  <b>Humankind (Wellbeing)</b></p>	<p>of someone changed when I got to know them</p> <p><b>Big Idea (Aspect):</b>  <b>Creativity (Speaking, listening, sharing)</b>  <b>Comparison (Compare and contrast)</b>  <b>Investigation (Media)</b></p>
<b>Term 3</b>	<p>Dreams &amp; Goals</p> <p><b>Lesson 1: Hopes and dreams</b></p> <p><b>LO:</b> To tell you about some of my hopes and dreams.</p> <p><b>Big Idea (Aspect):</b>  <b>Humankind (Setting goals)</b></p>	<p>Dreams &amp; Goals</p> <p><b>Lesson 2: Broken dreams</b></p> <p><b>LO:</b> To understand that sometimes hopes and dreams do not come true and that this can hurt.</p> <p><b>Big Idea (Aspect):</b>  <b>Humankind (Setting goals)</b>  <b>Creativity (Vocabulary)</b>  <b>Place (Place in world)</b></p>	<p>Dreams &amp; Goals</p> <p><b>Lesson 3: Overcoming disappointment</b></p> <p><b>LO:</b> To know that reflecting on positive and happy experiences can help me to counteract disappointment.</p> <p><b>Big Idea (Aspect):</b>  <b>Humankind (Setting goals)</b>  <b>Creativity (Vocabulary)</b>  <b>Place (Place in world)</b></p>	<p>Dreams &amp; Goals</p> <p><b>Lesson 4: Creating new dreams</b></p> <p><b>LO:</b> To know how to make a new plan and set new goals even if I have been disappointed.</p> <p><b>Big Idea (Aspect):</b>  <b>Humankind (Setting goals)</b>  <b>Creativity (Vocabulary)</b>  <b>Place (Place in world)</b></p>	<p>Dreams &amp; Goals</p> <p><b>Lesson 5: Achieving goals</b></p> <p><b>LO:</b> To know how to work out the steps to take to achieve a goal and can do this successfully as part of a group.</p> <p><b>Big Idea (Aspect):</b>  <b>Humankind (Setting goals)</b>  <b>Creativity (Speaking, listening, sharing)</b></p>	<p>Dreams &amp; Goals</p> <p><b>Lesson 6: We did it!</b></p> <p><b>LO:</b> To identify the contributions made by myself and others to the group's achievement.</p> <p><b>Big Idea (Aspect):</b>  <b>Humankind (Setting goals)</b>  <b>Creativity (Speaking, listening, sharing)</b></p>



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<p><b>Term 4</b></p>	<p>Healthy Me</p> <p><b>Lesson 1: My Friends and Me</b></p> <p><b>LO:</b> To recognise how different friendship groups are formed, how I fit into them and the friends I value the most</p> <p><b>Big Idea (Aspect):</b> Significance (Significant people)</p>	<p>Healthy Me</p> <p><b>Lesson 2: Group Dynamics</b></p> <p><b>LO:</b> 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</p> <p><b>Big Idea (Aspect):</b> Significance (Significant people)</p>	<p>Healthy Me</p> <p><b>Lesson 3: Smoking</b></p> <p><b>LO:</b> To understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke</p> <p><b>Big Idea (Aspect):</b> Place (Place in the world) Humankind (Wellbeing) Creativity (Vocabulary)</p>	<p>Healthy Me</p> <p><b>Lesson 4: Alcohol</b></p> <p><b>LO:</b> To understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol</p> <p><b>Big Idea (Aspect):</b> Place (Place in the world) Humankind (Wellbeing) Creativity (Vocabulary)</p>	<p>Healthy Me</p> <p><b>Lesson 5: Healthy Friendships</b></p> <p><b>LO:</b> To recognise when people are putting me under pressure and can explain ways to resist this when I want</p> <p><b>Big Idea (Aspect):</b> Humankind (Wellbeing) Creativity (Vocabulary) Significance (Relationships)</p>	<p>Healthy Me</p> <p><b>Lesson 6: Celebrating My Inner Strength and Assertiveness</b></p> <p><b>LO:</b> To know myself well enough to have a clear picture of what I believe is right and wrong</p> <p><b>Big Idea (Aspect):</b> Humankind (Wellbeing) Creativity (Vocabulary) Significance (Relationships)</p>
<p><b>Term 5</b></p>	<p>Relationships</p> <p><b>Lesson 1: Jealousy</b></p> <p><b>LO: To</b> I can recognise situations which can cause jealousy in relationships.</p> <p><b>Big Idea (Aspect):</b> Creativity (speaking, listening and sharing) Significance (Significant people)</p>	<p>Relationships</p> <p><b>Lesson 2: Love and Loss</b></p> <p><b>LO: To</b> identify someone I love and can express why they are special to me.</p> <p><b>Big Idea (Aspect):</b> Creativity (speaking, listening and sharing) Significance (Significant people) Significance (Relationships)</p>	<p>Relationships</p> <p><b>Lesson 3: Memories</b> <b>Puzzle outcome: Memory Box</b></p> <p><b>LO: To</b> tell you about someone I know that I no longer see.</p> <p><b>Big Idea (Aspect):</b> Creativity (speaking, listening and sharing)</p>	<p>Relationships</p> <p><b>Lesson 4: Getting on and Falling Out</b></p> <p><b>LO: To</b> recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.</p> <p><b>Big Idea (Aspect):</b> Creativity (speaking, listening and sharing)</p>	<p>Relationships</p> <p><b>Lesson 5: Girlfriends and Boyfriends</b></p> <p><b>LO: To</b> understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older.</p> <p><b>Big Idea (Aspect):</b> Creativity (speaking, listening and sharing)</p>	<p>Relationships</p> <p><b>Lesson 6: Celebrating My Relationships with People and Animals</b></p> <p><b>LO: To</b> know how to show love and appreciation to the people and animals who are special to me.</p> <p><b>Big Idea (Aspect):</b> Creativity (speaking, listening and sharing)</p>



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	Significance (Relationships) Change (life changes)	Change (life changes)	Significance (Significant people) Significance (Relationships) Change (life changes)	Significance (Significant people) Significance (Relationships) Change (life changes)	Significance (Significant people) Significance (Relationships) Change (life changes) Change (Physical development)	Significance (Significant people) Significance (Relationships) Place (Diversity)
Term 6	<p>Changing Me</p> <p><b>Lesson 1: Unique Me</b></p> <p><b>LO:</b> 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</p> <p><b>Big Idea (Aspect):</b> Change (Physical development)</p> <p>Creativity (Speaking, listening, sharing)</p>	<p>Changing Me</p> <p><b>Lesson 2: Having a Baby</b></p> <p><b>LO:</b> To correctly label the internal and external parts of male and female bodies that are necessary for making a baby</p> <p><b>Big Idea (Aspect):</b> Change (Physical development) Creativity (Speaking, listening, sharing)</p>	<p>Changing Me</p> <p><b>Lesson 3: Puberty and Menstruation</b></p> <p><b>LO:</b> 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</p> <p><b>Big Idea (Aspect):</b> Change (Physical development) Creativity (Speaking, listening, sharing)</p>	<p>Changing Me</p> <p><b>Lesson 4: Circles of change</b></p> <p><b>LO:</b> To know how the circle of change works and can apply it to changes I want to make in my life</p> <p><b>Big Idea (Aspect):</b> Change (Physical development) Creativity (Speaking, listening, sharing)</p>	<p>Changing Me</p> <p><b>Lesson 5: Accepting change</b></p> <p><b>LO:</b> To identify changes that have been and may continue to be outside of my control that I learnt to accept</p> <p><b>Big Idea (Aspect):</b> Change (Physical development) Creativity (Speaking, listening, sharing)</p>	<p>Changing Me</p> <p><b>Lesson 6: Looking ahead</b></p> <p><b>LO:</b> To identify what I am looking forward to when I move to a new class</p> <p><b>Big Idea (Aspect):</b> Change (Physical development) Creativity (Speaking, listening, sharing) Humankind (Setting goals)</p>



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			<p>Humankind (Personal hygiene)</p> <p>Humankind (Physical development)</p>			
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