

# Year 4: PSHE Long Term Plan



THE PYTHON HILL ACADEMY

LABOR OMNIA VINCIT

*Our Ambition: To be the highest performing MAT in the country  
Our Mission: To improve the communities we serve for the better*

**Vision:**

*Challenging educational orthodoxies so that every child makes good progress in all subjects;  
all teachers are committed to personal improvement and fulfil their responsibilities;  
all children receive an inspiring curriculum;  
all academies strive to be outstanding.*

## PSHE Curriculum Overview

Year	Being Me In My World	Celebrating Differences	Dreams and Goals	Healthy Me	Relationships	Changing Me
<b>FS</b>	Who ... me? How am I feeling today Being at school Gentle hands Our rights Our responsibilities	What am I good at I'm special, I'm me Families Homes Making friends Standing up for yourself	Challenges Never give up Setting a goal Obstacles and support Flight to the future Footprint awards	Everybody's body We like to move it, move it Food glorious food Sweet dreams Keeping clean Safe adults	My family and me Make friends, make friends Falling out and bullying Being the best friends we can	My body Respecting my body Growing up Fun and fears Celebration
<b>Y1</b>	Feeling special and safe My class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	The same as... Different from ... What is bullying What so I do about bullying Making new friends Celebrating difference and me	My treasure chest of success Steps to success Achieving together Stretchy learning Overcoming obstacles Celebrating my success	Being healthy Healthy choices Clean and healthy Medicine safety Road safety Happy, healthy me	Families Making friends Greetings People who help us Being y own best friend Celebrate special relationships	Life cycles Changing me My Changing body Boys and girls bodies Learning and growing Coping with changes
<b>Y2</b>	Hopes and fears for the year Rights and responsibilities Rewards and Consequences Our learning charter Owning our learning charter	Boys and girls Why does bullying happen? Standing up for self/others Gender diversity Celebrating differences	Goals to success My learning strengths Learning with others A group challenge Celebrating our achievement	Being healthy Being relaxed Medicine safety Healthy eating Happy healthy me	Different types of family Exploring physical contact Friendship and conflict Secrets Trust and appreciation Special relationships	Life cycles in nature Growing young to old The changing me Boys and girls bodies Assertiveness Looking ahead
<b>Y3</b>	Getting to know each other Our nightmare school Our dream school Rewards and consequences Our learning charter Owning our learning charter	Families Family conflict Witness and feelings Witness and solutions Words that harm Celebrating difference	Dreams and goals My dreams and ambitions A new challenge Our new challenge Overcoming obstacles Clearing my learning	Being fit and healthy What do I know about drugs Being safe Safe and unsafe My amazing body	Family roles / responsibilities Friendships Keeping myself safe online Being a global citizen Celebrating web relationships	How babies grow Babies Outside body changes Inside body changes Family stereotypes Looking ahead
<b>Y4</b>	Becoming a class team Being a school citizen Rights, responsibilities, Rewards and consequences Our learning charter Owning our learning charter	Judging by appearance Understanding influences Understanding bullying Problem solving Special me Celebrating differences	Hopes and dreams Broken dreams Overcoming disappointment Creating new/realistic dreams Achieving goals We did it	My friends and me Group dynamics Smoking Alcohol Healthy relationships Celebrating my inner strength	Jealousy Love and loss Memories Getting on and falling out Girlfriends/boyfriends Celebrating my relationships	Unique me Having a baby Puberty and menstruation Circles of change Accepting change Looking ahead

<b>Year</b>	<b>Being Me In My World</b>	<b>Celebrating Differences</b>	<b>Dreams and Goals</b>	<b>Healthy Me</b>	<b>Relationships</b>	<b>Changing Me</b>
<b>Y5</b>	The year ahead Being a citizen Rights and responsibilities Rewards and consequences Our learning charter Owning our learning charter	Different cultures Racism Rumours and name calling Types of bullying Does money matter Celebrating differences of the world	When I grow up Investigating jobs and careers My dream job Dreams/goals in other cultures How can we support each other Rallying support	Smoking Alcohol Emergency aid Body image My relationship with food Healthy me	Recognising me Safety in online communities Being in an online community Online gaming Relationship with technology	Self and body image Puberty for girls Puberty for boys Conception Looking ahead
<b>Y6</b>	My year ahead Being a global citizen The learning charter Our learning charter Owning our learning charter	Am I normal Understanding differences Power struggles Why Bully Celebrating difference	Personal learning goals Steps to success My dream for the world Helping to make a difference Recognising our achievements	Taking personal responsibility Drugs Exploitation Gangs Emotional mental health Managing stress and pressure	What is mental health My mental health Love and loss Power and control Being online – real or fake Technology safety	My self image Puberty Babies conception to birth Boyfriends/girlfriends Adolescent friendships Real self and ideal self The year ahead

	Autumn 1						Autumn 2					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6/7	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theme	Being Me in my World						Celebrating Differences					
Jigsaw	Becoming a class team	Being a school citizen	Rights, responsibility	Rewards and consequences	Our learning charter	Owning our learning charter	Judging by appearance	Understand influences	Understanding bullying	Problem solving	Special me	Celebrating differences
Vocab	Included Excluded Welcome Valued Team Charter	Role Job description School Community Responsibility	Rights Responsibility Democracy	Reward Consequence Democratic	Decisions Rights Responsibility Voting Democracy Authority Learning Charter Role Contribution Observer	Decisions Choices Democracy UN Convention on Rights of the Child Learning Charter	Character Assumption Judgement Surprised Different Appearance Accept	Assumption Influence Appearance Opinion Attitude Judgement	Bullying Friend Secret Deliberate On purpose Bystander Witness	Witness Bystander Bully Problem solve Cyber bullying Text message Website Troll	Special Unique Different Characteristic Physical features	Impression Changed Judgement Assumption Influence Special Different Accept
I Can	I know my attitudes and actions make a difference to the class team	I understand who is in my school community, the roles they play and how I fit in	I understand how democracy works through the School Council	I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them	I understand how groups come together to make decisions	I understand how democracy and having a voice benefits the school community	I understand that, sometimes, we make assumptions based on what people look like	I understand what influences me to make assumptions based on how people look	I 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	I can tell you why witnesses sometimes join in with bullying and sometimes don't tell	I can identify what is special about me and value the ways in which I am unique	I can tell you a time when my first impression of someone changed when I got to know them

	Spring 1						Spring 2					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theme	Dreams and Goals						Healthy Me					
Jigsaw	Hopes and dreams	Broken dreams	Overcoming disappointment	Creating new/realistic dreams	Achieving goals	We did it	My friends and me	Group dynamics	Smoking	Alcohol	Healthy relationships	Celebrating my inner strength
Vocab	Dream Hope Goal Determination Perseverance Resilience Positive Attitude	Dreams Goals Hopes Disappointment Fears Hurt Resilience	Positive experiences Hopes Dreams Disappointment Hurt Goals Plans Cope Help Resilience	Resilience Self-belief Motivation Perseverance Determination Goal Dream Commitment	Goal Team work Design Cooperation	Resilience Positive attitude Review Disappointment Learning Strengths Success Celebrate Evaluate	Friendships Emotions Healthy Relationships Friendship groups Value	Friendship groups Roles Leader Follower Assertive Agree Disagree	Smoking Vaping Pressure Peers Guilt Advice	Alcohol Liver Disease	Pressure Peers Anxiety Fear	Believe Assertive Opinion Right Wrong
I Can	I can tell you about some of my hopes and dreams	I understand that sometimes hopes and dreams do not come true and that this can hurt	I know that reflecting on positive and happy experiences can help me to counteract disappointment	I know how to make a new plan and set new goals even if I have been disappointed	I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group	I can identify the contributions made by myself and others to the group's achievement	I recognise how different friendship groups are formed, how I fit into them and the friends I value the most	I 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	I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke	I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol	I can recognise when people are putting me under pressure and can explain ways to resist this when I want	I know myself well enough to have a clear picture of what I believe is right and wrong

	Summer 1					Summer 2					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Theme	Relationships					Changing Me					
Jigsaw	Jealousy	Love and loss	Memories	Girlfriends/boyfriends	Celebrating web relationships	Unique me	Having a baby	Puberty and menstruation	Circles of change	Accepting change	Looking ahead
Vocab	Relationship Close Jealousy Problem-solve Emotions Positive Negative	Loss Strategy Shock Disbelief Numb Denial Anger Guilt Sadness Pain Despair Hopelessness Relief Acceptance Depression	Souvenir Memento Memorial Loss Memories Special Remember	Boyfriend Girlfriend Attraction Pressure Personal Comfortable	Special Love Appreciation Symbol Care	Personal Unique Characteristic Parents Gene	Sperm Egg Ovum Penis Testicles Vagina Womb/Uterus Ovaries Making love Having sex Sexual intercourse Fertilise Conception	Puberty Menstruation Menstrual Cycle Periods Menstrual Pads Period Pants Tampons Vagina Vulva Ovaries Oestrogen Fallopian tube Fertilised	Circle Seasons Change Control	Range of emotions Control Change Acceptance	Change Looking forward Excited Nervous Happy
I Can	I can recognise situations which can cause jealousy in relationships	I can identify someone I love and can express why they are special to me	I can tell you about someone I know that I no longer see	I understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older	I know how to show love and appreciation to the people and animals who are special to me	I 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	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby	I can 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	I know how the circle of change works and can apply it to changes I want to make in my life	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	I can identify what I am looking forward to when I move to a new class