

# 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  |
|------|---|---|--|---|---|--|
| FS   | Self-identity<br>Understanding feelings<br>Being in a classroom<br>Being gentle   | Identifying talents<br>Being special<br>Families<br>Making friends<br>Standing up for yourself                                  | Challenges<br>Perseverance<br>Goal-setting<br>Overcoming obstacles<br>Seeking help   | Exercising bodies<br>Healthy food<br>Sleep<br>Keeping clean<br>Safety | Family Life<br>Friendships<br>Breaking friendships<br>Falling out<br>Dealing with bullying<br>Being a good friend                                 | Bodies<br>Respecting my body<br>Growing up<br>Growth and change<br>Fun and fears<br>Celebrations |
|      | Caring Friendships<br>Being King<br>Families  |   |  |   |   |  |
| Y1   | Feeling special and safe<br>Being part of a class<br>Rewards and feeling proud<br>Consequences<br>Owning the Learning Charter | Celebrating differences<br>Understanding what bullying is<br>Knowing how to deal with it<br>Making new friends                  | Setting goals  | Keeping clean<br>Being safe<br>Road safety                            | Making friends / a good friend<br>Qualities as a friend / person<br>Physical contact preferences  | Life cycles – animal and human<br>Changes in me<br>Linking rowing and learning                   |
|      | Different Friends and families<br>Growing and changing<br>Families and care   |   |  |   |   |  |
|      | Staying healthy<br>Medicines<br>Who gives us medicines  |   |  |   |   |  |
| Y2   | Rights and responsibilities<br>Rewards and Consequences<br>Safe/fair learning environment<br>Recognising feelings             | Assumptions/stereotypes<br>Understanding bullying<br>Standing up for self/others<br>Gender diversity<br>Celebrating differences | Achieving realistic goals<br>Perseverance<br>Learning strengths<br>Learning with others<br>Group co-operation<br>Contributing to and sharing success | Healthier choices<br>Relaxation                                       | Different types of family<br>Physical contact boundaries<br>Friendship and conflict<br>Secrets<br>Trust and appreciation<br>Special relationships | Differences in female and male bodies  |
|      | Differences<br>Male and female animals<br>Naming body parts   |   |  |   |   |  |
|      | Risk<br>Hazardous Substances<br>Safety rules  |   |  |   |   |  |

| Year      | Being Me In My World   | Celebrating Differences   | Dreams and Goals   | Healthy Me  | Relationships   | Changing Me                                     |
|-----------|--|---|--|---|---|---|
| <b>Y3</b> | Setting personal goals<br>Positivity in challenges<br>Rewards and consequences                                 | Families and differences<br>Managing family conflict<br>Witnessing buying and resolving it<br>Recognising harmful words                   | Difficult challenges<br>Dreams and ambitions                                   | Exercise<br>Fitness challenges<br>Attitudes to drugs<br>Keeping safe  | Family roles / responsibilities   | Family stereotypes<br>Challenging my ideas      |
|           | Body differences<br>Personal space<br>Help and support   |   |  |   |   |   |
|           | Why people smoke<br>Physical effects of smoking<br>No smoking  |   |  |   |   |   |
| <b>Y4</b> | Rights, responsibilities, democracy<br>Rewards and consequences<br>Having a voice                              | Judging by appearance<br>Understanding influences<br>Understanding bullying<br>how special and unique I am                                | Overcoming disappointment<br>Creating new/realistic dreams                     | Smoking<br>Peer pressure<br>Group dynamics<br>Healthy relationships   | Jealousy<br>Love and loss<br>Getting on and falling out<br>Girlfriends/boyfriends               | Being unique<br>Puberty<br>Accepting changes    |
|           | Changes<br>What is puberty?<br>Healthy me  |   |  |   |   |   |
|           | Effects of alcohol<br>Alcohol and risk<br>Limits to drinking alcohol   |   |  |   |   |   |
| <b>Y5</b> | Planning the year<br>Being a citizen<br>Rights and responsibilities<br>Rewards and consequences<br>Democracy   | Racism<br>Types of bullying<br>Material wealth and happiness<br>Enjoying/respecting other cultures  | Future dreams<br>Importance of money<br>Jobs and careers                       | Emergency aid<br>Body image<br>Relationship with food<br>Healthy me   | Recognising me<br>Safety in online communities<br>Online gaming<br>Relationship with technology | Self image<br>Conception<br>Looking ahead       |
|           | Talking about puberty<br>The reproductive system<br>Puberty help and support                                   |   |  |   |   |   |
|           | DAaRT programs by Nottinghamshire Police   |   |  |   |   |   |
| <b>Y6</b> | My year ahead<br>Being a global citizen<br>Our learning charter  | Perceptions of normality<br>Prejudice and discrimination<br>Power struggles<br>Understanding bullying<br>Differences-celebration/conflict | Personal learning goals<br>Success criteria<br>Making differences to the world | Taking personal responsibility<br>Exploitation -gangs, county lines<br>Emotional mental health<br>Managing stress | Mental health<br>Love and loss<br>Power and control<br>Technology safety                        | Boyfriends/girlfriends<br>Sexting<br>Transition |
|           | Puberty and reproduction<br>Communication in relationships<br>Conception and pregnancy<br>Online relationships |   |  |   |   |   |
|           | Cannabis<br>Volatile substance abuse<br>Help, advice and support   |   |  |   |   |   |

|                          | Autumn 1  |   |   |        |        |        | Autumn 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 |
| <b>Jigsaw</b>            | <b>Being me in my word:</b><br><br>3. Rights, responsibilities and democracy. | <b>Being me in my world:</b><br><br>4. Rewards and consequences . | <b>Being me in my world:</b><br><br>5. Having a voice |        |        |        | <b>Celebrating differences</b><br><br>2. Judging by appearance. | <b>Celebrating differences</b><br><br>3. understand influences. | <b>Celebrating differences:</b><br><br>4. Understand bullying. | <b>Celebrating differences</b><br><br>5. Special me. |        |        |
| <b>RSE</b>               |   |   |   |        |        |        |   |   |  |  |        |        |
| <b>Drugs and Alcohol</b> |   |   |   |        |        |        |   |   |  |  |        |        |

|                          | Spring 1                                      |   |   |  |   | Spring 2                             |  |   |  |        |        |
|--------------------------|---|---|---|--|---|--------------------------------------|--|---|--|--------|--------|
|                          | Week 1  | Week 2  | Week 3  | Week 4   | Week 5                                    | Week 1                               | Week 2                                     | Week 3                                      | Week 4   | Week 5 | Week 6 |
| <b>Jigsaw</b>            | <b>Dreams and goals</b><br><br>Broken dreams. | <b>Dreams and goals</b><br><br>Creating new dreams. |   |  |   | <b>Healthy me</b><br><br>3. Smoking. | <b>Healthy me:</b><br><br>5. Peer Pressure | <b>Healthy me</b><br><br>2. Group dynamics. | <b>Healthy me</b><br><br>1. Healthy friendships. |        |        |
| <b>RSE</b>               |   |   |   |  |   |                                      |  |   |  |        |        |
| <b>Drugs and Alcohol</b> |   |   | Understand the effects alcohol has on the body. | Understand the risk related to drinking alcohol. | To know some laws about drinking alcohol. |                                      |  |   |  |        |        |

