

Y3/4 PSHE

| Autumn 26  | Spring 27   | Summer 27   | Autumn 25   | Spring 26   | Summer 26   |
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| Cycle A (8-9)  |   |   | Cycle B (7-8)   | Cycle B   | Cycle B   |
| Being Me in My World   | Dreams and Goals  | Relationships   | Puzzle piece<br>Being Me in my world  | Dreams and Goals  | Relationships   |
| Children can explain why being listened to and listening to others is important in their school community.<br><i>They can explain why being democratic is important and can help them and others feel valued</i>   | Children can plan and set new goals even after a disappointment.<br><br><i>They can explain what it means to be resilient and to have a positive attitude</i>   | Children can recognise how people are feeling when they miss a special person or animal.<br><br><i>They can give ways that might help them manage their feelings when missing a special person or animal</i>  | Children can explain how their behaviour can affect how others feel and behave.<br><br><i>They can explain why it is important to have rules and how that helps them and others in their class learn. Children can explain why it is important to feel valued.</i>  | Children can explain the different ways that help them learn and what they need to do to improve. They are confident and positive when they share their success with others.<br><br><i>They can explain how these feelings can be stored in their internal treasure chest and why this is important.</i>  | Children can explain how their life is influenced positively by people they know and also by people from other countries.<br><br><i>They can explain why their choices might affect their family, friendships and people around the world who they don't know.</i>  |
| I know my attitudes and actions make a difference to the class team.<br><br>I understand who is in my school community, the roles they play, how I fit in and how I can contribute.<br><br>I understand how democracy works through the School Council.<br><br>I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them.<br><br>I understand how groups come together to make decisions. | I can tell you about some of my hopes and dreams.<br><br>I understand that sometimes hopes and dreams do not come true and that this can hurt.<br><br>I know that reflecting on positive and happy experiences can help me to counteract disappointment.<br><br>I know how to make a new plan and set new goals even if I have been disappointed.<br><br>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 recognise situations which can cause jealousy in relationships.<br><br>I can identify someone I love and can express why they are special to me.<br><br>I can tell you about someone I know that I no longer see.<br><br>I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.<br><br>I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older.<br><br>I know how to show love and appreciation to the people and animals who are special to me. | I recognise my worth and can identify positive things about myself and my achievements.<br><br>I can face new challenges positively, make responsible choices and ask for help when I need it.<br><br>I understand why rules are needed and how they relate to rights and responsibilities.<br><br>I understand that my actions affect myself and others and I care about other people's feelings.<br><br>I can make responsible choices and take action. | I can tell you about a person who has faced difficult challenges and achieved success.<br><br>I can identify a dream/ambition that is important to me.<br><br>I enjoy facing new learning challenges and working out the best ways for me to achieve them.<br><br>I can be motivated and enthusiastic about achieving our new challenge.<br><br>I can recognise obstacles which might hinder my achievement and take steps to overcome them.<br><br>I can evaluate my own learning process and identify how it can be better next time. | I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females.<br><br>I can identify and put into practice some of the skills of friendship.<br>I know and can use some strategies for keeping myself safe online.<br><br>I can explain how some of the actions and work of people around the world help and influence my life.<br><br>I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.<br><br>I know how to express my appreciation to my friends and family. |

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| I understand how democracy and having a voice benefit the school community.   | I can identify the contributions made by myself and others to the group's achievement.   |   | I understand my actions affect others and try to see things from their points of view.  |   |  |
| democracy decisions<br>voting authority<br>consequence  | resilience attitude review<br>positive motivation  | attraction personal negotiate<br>compromise memorial  | Valued, acknowledge, affirm,<br>solutions, support,   | strengths self-review evaluate obstacles<br>technique   | United Nations deprivation equality<br>justice respect   |
| <b>Celebrating Difference (8-9)</b>   | <b>Healthy Me</b>  | <b>Changing Me</b>  | <b>Celebrating difference (7-8)</b>   | <b>Healthy Me</b>   | <b>Changing Me</b>   |
| Children can tell you a time when their first impression of someone changed as they got to know them.<br><i>They can explain why bullying might be difficult to spot and what to do if they're unsure. They can explain why it is good to accept themselves and others for who we are.</i>  | <i>Children can recognise when people are putting them under pressure and can explain ways to resist this when they want to. They can identify feelings of anxiety and fear associated with peer pressure.</i>   | Children can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.<br><br><i>They can explain some of the choices they might make in the future and how they might manage this change.</i>  | Children can describe different conflicts that might happen in family or friendship groups and how words can be used in hurtful or kind ways when conflicts happen.<br><i>They can tell you how being involved in a conflict makes them feel and can offer strategies to help the situation</i>   | Children can identify things, people and places that they need to keep safe from, and can tell you some strategies for keeping themselves safe and healthy including who to go to for help.<br><br><i>They can express how being anxious/scared and unwell feels.</i>   | Children can explain how boys' and girls' bodies change on the inside/outside during the growing-up process. They can say why these changes are necessary so that their bodies can make babies when they grow up.<br><i>They recognise how they feel about these changes happening to them and can suggest some ideas to cope with these feelings.</i>   |
| I understand that, sometimes, we make assumptions based on what people look like.<br><br>I understand what influences me to make assumptions based on how people look.<br><br>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.<br><br>I can tell you why witnesses sometimes join | <i>I recognise how different friendship groups are formed, how I fit into them and the friends I value the most.</i><br><br><i>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><br><br><i>I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke.</i> | 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.<br><br>I understand what responsibilities there are in parenthood and the joy it can bring.<br><br>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 understand that everybody's family is different and important to them.<br><br>I understand that differences and conflicts sometimes happen among family members.<br>I know what it means to be a witness to bullying.<br><br>I know that witnesses can make the situation better or worse by what they do.<br><br>I recognise that some words are used in hurtful ways. | <i>I understand how exercise affects my body and know why my heart and lungs are such important organs.</i><br><br><i>I know that the amount of calories, fat and sugar I put into my body will affect my health.</i><br><br><i>I can tell you my knowledge and attitude towards drugs.</i><br><br><i>I know some strategies for keeping myself safe, who to go to for help and how to call emergency services.</i><br><br><i>I can identify when something feels safe or unsafe.</i> | I understand that in animals and humans, lots of changes happen from birth to fully grown and that in mammals it is the female who has the baby.<br><br>I understand how babies grow and develop in the mother's uterus and what they need to grow.<br><br>I can identify how boys' and girls' bodies change on the outside during this growing-up process.<br><br>I can identify how boys' and girls' bodies why these changes are necessary. |

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| <p>in with bullying and sometimes don't tell.</p> <p>I can identify what is special about me and value the ways in which I am unique.</p> <p>I can tell you a time when my first impression of someone changed when I got to know them.</p> | <p><i>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></p> <p><i>I can recognise when people are putting me under pressure and can explain ways to resist this when I want.</i></p> <p><i>I know myself well enough to have a clear picture of what I believe is right and wrong</i></p> | <p>I know how the circle of change works and can apply it to changes I want to make in my life.</p> <p>I can identify changes that have been and may continue to be outside of my control that I learnt to accept.</p> <p>I can identify what I am looking forward to when I move to a new class</p> | <p>I can tell you about a time when my words affected someone's feelings and what the consequences were.</p> | <p><i>I understand how complex my body is and how important it is to take care of it</i></p> | <p>I can start to recognise stereotypical ideas I might have about parenting and family roles.</p> <p>I can identify what I am looking forward to when I move to my next class</p> |
| <p>impression assumption<br/>judgement influence<br/>characteristics</p>  | <p><i>assertive pressure peers<br/>follower leader</i></p>  | <p>acceptance menstruation periods<br/>fertilised hormones</p>   | <p>banter unique hurtful witness<br/>bystander</p>   | <p><i>safe choice risk strategy emergency</i></p>  | <p>stereotypes roles puberty testicles,<br/>sperm, penis ovaries, eggs, womb,<br/>uterus, vagina</p>   |