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|  | PSHE Learning Coverage Document – Year 4 |
| Y 4 | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **What strengths, skills and interests do I have?** | **How do we treat each other with respect?** | **How can we manage our feelings?** | **How can we manage risk in different places?** | **How can our choices make a difference to others and the environment?** | **How will we grow and change?** |
| Pupils develop self-worth and self-esteem by identifying positive things about themselves and their achievements.Premier League Primary Stars – Self-Esteem | **Pupils learn how people’s behavior affects themselves and others, including online. YEAR 2 AUT 2**Pupils learn how to model being polite and courteous in different situations and recognise the respectful behavior they should receive in return. Premier League Primary Stars – Play the right way  | Pupils learn how everyday things can affect feelings; how feelings change over time and can be experienced at different levels of intensity; the importance of expressing feelings and how they can be expressed in different ways; how to respond proportionately to, and manage, feelings in different circumstances.Pupils learn how to access advice and support to help manage their own or others’ feelings’. PSHE Association – Mental health and wellbeing lessons (KS2 – Y3/4) | **Pupils learn how to recognise, predict, assess and manage risk in different situations.**Pupils learn that rules, restrictions and laws exist to help people keep safe and how to respond if they become aware of a situation that is anti-social or against the law.PSHE Association and GambleAware – Exploring Risk (KS2) | **Pupils learn how people have a shared responsibility to help protect the world around them.****Pupils learn how everyday choices can affect the environment.**Premier League Primary Stars / Sky Ocean Rescue – Tackling plastic pollution | Pupils learn about puberty and how bodies change during puberty,Medway Public Health Directorate – Primary RSE LessonsLesson 1 – Puberty Time to Change |
| Pupils learn how to set goals for themselves.Premier League Primary Stars – Self-EsteemPersonal Development Wheel | Pupils learn about the rights that children have and why it is important to protect these.Pupils learn about the relationship between rights and responsibilities.Pupils learn about the right to privacy and how to recognise when a confidence or secret should be kept (such as a nice birthday surprise everyone will find out about) or not agreed to and when to tell (e.g. if someone is being upset or hurt).1decision: Being responsibleRising Stars: 4.5 We are respectful of digital rights and responsibilities. | **Pupils learn ways of managing feelings at times of loss, grief and change**Winston’s Wish: Loss and Bereavement KS2 Lesson Plans – Lesson 2 (Michael Rosen’s Sad book and Oliver Jeffers The Heart and the Bottle) | Pupils learn how to keep safe in the local environment and less familiar locations (e.g. near rail, **water**, **road**; fire/firework safety; sun safety and the safe use of digital devices when out and about)1decision: Keeping/Staying Safe 8-11 | Pupils learn how what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity)1decision – Being Responsible/The Working WorldExperian – Values, Money and Me (KS2) | Pupils learn how personal hygiene routines change during pubertyMedway Public Health Directorate – Primary RSE LessonsLesson 3 – Puberty Physical Hygiene |
| Pupils learn how to manage when there are set backs, learn from mistakes and reframe unhelpful thinking.Premier League Primary Stars – Resilience | Pupils learn that everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination. Premier League Primary Stars - Inclusion | **Pupils will learn strategies for keeping safe online.**Pupils learn how people can be influenced by their peers’ behavior and by a desire for peer approval; how to manage this influenceRising Stars: Unit 4.2 We are standing up to peer pressure1decision: Keeping/Staying Safe Peer Pressure 8-11 | Pupils learn how to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online. Google and Parentzone – Be Internet Legends resource – Think Before You Share Activities |  Pupils learn how to show care and concern for others (people and animals)RSPCA – Compassionate classroom lessonsTeam Margot – Giving help to others (resources on blood, stem cell and bone marrow donation) | Pupils learn how puberty can affect emotions and feelingsMedway Public Health Directorate – Primary RSE LessonsLesson 4 – Puberty Feelings and emotions |
|  | LEARNING TO BE TIMETABLED IN ADDITION TO THE FORTNIGHTLY CYCLE |
|  |  |  |  |  | **Pupils learn strategies for keeping safe online.**Rising Stars: Unit 4.3We are aware our online content lasts forever | Rising Stars: Unit 4.6 We are careful when talking to virtual friends |