

PSHE and RSE

Y4



Key Vocabulary	Core knowledge & key questions	Links to British values
<p>Families and Relationships</p> <p>act of kindness authority bereavement boundaries bystander permission</p> <p>Health and Wellbeing</p> <p>emotions fluoride healthy intense emotions mental health relaxation resilience skill visualise</p> <p>Safety and the Changing Body</p>	<p><u>Families and Relationships</u></p> <p>Family To know that families are varied in the UK and across the world.</p> <p>Friendships To understand the different roles related to bullying including victim, bully and bystander.</p> <p>To understand that everyone has the right to decide what happens to their body.</p> <p>Respectful Relationships To understand the courtesy and manners which are expected in different scenarios.</p> <p>To understand some stereotypes related to disability and gender.</p> <p>Change and Loss To know that bereavement describes the feeling someone might have after someone dies or another big change in their lives.</p> <p><u>Health and Wellbeing</u></p> <p>Health and prevention To know key facts about dental health.</p>	<p>Families and Relationships linking with Individual Liberty, Tolerance of Different Faiths and Religions and Mutual Respect.</p> <p>Health and Wellbeing linking with Individual Liberty.</p>

age restriction
asthma
breasts
genitals
law
penis
private
protect
puberty
public
testicles/testes
tobacco

Citizenship

authority
cabinet
community
council
council officer
diversity
environment
human rights
local government
protect
reuse
United Nations
(UN)
volunteer

Physical Health and Wellbeing

To be able to identify what helps them to feel relaxed.

Mental Wellbeing

To know that different job roles need different skills and so some roles may suit me more than others.

To know that it is normal to experience a range of emotions.

To know that mental health refers to our emotional wellbeing, rather than physical.

To understand that mistakes can help us to learn.

To know who can help if we are worried about our own or other people's mental health.

Safety and the Changing Body

Being safe (including online)

To understand that there are risks to sharing things online.

To know the difference between private and public.

Drugs, alcohol and tobacco

To understand the risks associated with smoking tobacco.

**Safety and the Changing
Body** linking with The Rule
of Law

Economic Wellbeing

bank account
bank statement
career
career
satisfaction
influence
password
perspective
satisfaction
security
value for money

The changing adolescent body

To understand the physical changes to both male and female bodies as people grow from children to adults.

Basic first aid

To know that asthma is a condition which causes the airways to narrow.

Citizenship

To know that human rights are specific rights that apply to all people.

To know some of the people who protect our human rights such as police, judges and politicians.

To know that reusing items is of benefit to the environment.

To understand that councillors have to balance looking after local residents and the needs of the council.

To know that there are a number of groups which make up the local community.

Economic Wellbeing

To know that getting value for money involves considering the cost, usefulness and quality of items.

To know that purchases can be influenced by needs, wants, peer pressure, and advertising.

To know that people often earn interest when they keep savings in a bank account.

Citizenship linking with Individual Liberty, Mutual respect and Tolerance of those with different faiths and beliefs

Economic Wellbeing linking with Democracy, The rule of law, Individual liberty, Mutual respect and Tolerance of those with different faiths and beliefs.

	<p>To know that people often change jobs or careers multiple times in their lives.</p> <p>To know that stereotypes can be made on age, gender, culture, ability and interest and hobbies.</p>	
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Prior learning	Future learning	Links to Rights Respecting schools
<p style="text-align: center;">YEAR 3</p> <p>Families and Relationships How to resolve relationship problems; effective listening skills and about non-verbal communication. Looking at the impact of bullying and what action can be taken; exploring trust and who to trust and that stereotyping can exist.</p> <p>Health and Wellbeing Understanding that a healthy lifestyle includes physical activity, a balanced diet, and rest and relaxation; exploring identity through groups we belong to, and how our strengths can be used to help others; learning how to solve problems by breaking them down into achievable steps.</p> <p>Safety and the Changing Body</p>	<p style="text-align: center;">YEAR 5</p> <p>Families and Relationships Developing an understanding of families, including marriage and what to do if someone feels unsafe in their family; learning that dealing issues can strengthen a friendship; exploring the impact of bullying and what influences a bully's behaviour; learning to appreciate our individual positive attributes.</p> <p>Health and Wellbeing Learning to take greater responsibility for sleep, sun safety, healthy eating and managing feelings; setting goals and embracing failure; understanding the importance of rest and relaxation.</p> <p>Safety and the Changing Body Exploring the emotional and physical changes of puberty, including menstruation; learning about</p>	<p>Families and Relationships Article 3 (Best Interests of the Child), Article 5 (Family Guidance as Children Develop), Article 9 (Keeping Families Together), Article 10 (Contact with Parents Across Countries), Article 18 (Responsibility of Parents) and Article 30 (Minority Culture, Language and Religion).</p> <p>Health and Wellbeing Article 3 (Best Interests of the Child), Article 24 (Health, Water, Food and Environment), Article 31 (Rest, Play, Culture and Arts).</p> <p>Safety and the Changing Body Article 17 (Access to Information), Article 24 (Health, Water, Food and Environment), Article 33 (Protection from Harmful Drugs).</p> <p>Citizenship</p>

Learning about: cyberbullying and how to be good digital citizens; first aid, bites and stings and how to be safe near roads. Pupils also think about choices and influence.

Citizenship

Learning about children's rights; exploring why we have rules and the roles of local community groups, charities and recycling and an introduction to local democracy.

Economic Wellbeing

Introduction to budgeting, learning about the different paying methods, the emotional impact of money, the ethics of spending, potential jobs and careers and learning that anyone can aspire to anything.

online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.

Citizenship

An introduction to the justice system; how parliament works; and the role of pressure groups; learning about rights and responsibilities, the impact of energy on the planet and contributing to the community

Economic Wellbeing

Learn to manage money, understand borrowing, be cautious online, challenge workplace stereotypes, and align interests with future careers.

Article 24 (Health, Water, Food and Environment), Article 42 (Everyone Must Know Children's Rights), Article 15 (Setting Up or Joining Local Groups).

Economic Wellbeing

Article 26 (Social and Economic Help), Article 23 (Children with Disabilities).