



# Manor Drive Primary Academy

## PSHE Curriculum

### Year 4

Block One

# PSHE

## Relationships: Respecting Self and Others

### Block 1

#### Difference and similarities

Differences and similarities arise from a number of factors: family, cultural, ethnic, racial and religious diversity, age, sex, sexual orientation and disability.

- Explore identity - what makes us, us?
- Describe ways people are similar and different
- Describe ways we are similar/part of a human family
- Unique and individual

#### Listening and responding respectfully

Feeling confident to raise own concerns, recognise and care about others' feelings and try to see, respect and constructively challenge points of view.

- Describe what it means to listen
- Listening vs Waiting to speak.
- Explain why it's important to consider another's point of view
- Identify ways to challenge constructively, whilst taking their feelings into consideration

# PSHE

## Health and Wellbeing: Physical & Mental Health Block 1

### Healthy Lifestyles

#### Hygiene:

- What are viruses and bacteria
- How are they spread
- Recognise shared responsibility for for clean environment e,g, think COVID

### Healthy Lifestyles

#### Habits:

- Good (exercise, teeth brushing, bedtime routine) vs bad habits (not enough sleep, over eating, too much tablet or TV)
- How they make us feel - recognise the impact.
- Strategies to develop good ones
- How to change or stop bad ones.
- Impact on mental health

# PSHE

## Living in the Wider World: Belonging to a Community Block 1

### What is a Community

- Physical areas
- People that make up a community
- Tolerance for different community members
- Shared responsibilities to keep the community safe, clean and respectful
- Manor Drive Community

### Anti-social behaviour

What anti-social behaviour is and how it can affect people.

- Identify anti-social behaviours: bullying, aggressive behaviour, intimidating and causing personal or environmental damage.
- Identify impact these behaviours could have in school and wider community.
- Invite the children to discuss if they have witnessed anti-social behaviour. What did they do? Safe to report it?
- Who can go to for support/help if feel worried/unsafe (include online)

# Block Two

# PSHE

## Relationships: Safe Relationships

### Block 2

#### Positive relationships and working collaboratively

- Identify different types of relationships they have and know about
- Qualities of good friendship
- How can problems arise?
- Identify our responsibilities in maintaining positive relationships
- How can relationships be recognised and celebrated? marriage/civil partnership, anniversaries, special days, eg Mothers' Day

#### How actions affect others and how to solve disputes

- Explain how actions /choices can hurt others on the in/outside
- Identify and demonstrate behaviours and actions that show respect for self and others
- Recognise that arguments and disputes happen; it's how we handle them that's important.
- Explain what it means to negotiate a win-win outcome
- Examples of where strategies have worked well/not so well

Strategies: walk away and clam down, find a compromise, see/accept another point of view, win-win etc.

# PSHE

## Health and Wellbeing: Growing and Changing

### Block 2

#### Growing and Changing

##### Bodily Changes

- Physical changes at puberty
- Puberty happens at different rates; no two people mature at the same time or in the same way.
- Names of body parts
- Girls changes and Boys changes

#### Growing and Changing

##### Emotions and puberty :

- Change is not only physical; also emotional.
- Feelings, emotions and mood swings - why they happen.
- Discuss strong emotions and the importance of self regulation
- How to express our feelings in a healthy way.
- Discuss the impact our friendships and relationships.



# PSHE

## Living in the Wider World: Media & Digital Resilience

### Block 2

#### Positive and negatives online

- Recognise way in which the internet and social media can be used both positively and negatively:
  - Fact from fake news
  - Reliability of sources
  - Manipulation of images
- What do the children watch/research/read/platforms.

#### The use of personal data

The different ways that information and data is shared and used online; including commercial purposes.

# Block Three

# PSHE

## Relationships: Friends and Family

### Block 3

#### Positive Friendships

- What constitutes a positive healthy friendship e.g. mutual respect, trust, truthfulness, loyalty, kindness, sharing interests experiences.
- The benefits of a healthy relationships e.g. belonging, safety, happy.
- How to recognise someone who may feel lonely and excluded.
- How to include them.

#### Positive friendships online

- Recap last lesson.
- The same principles apply to online friendships.
- The difference to 'knowing' someone online and 'knowing' someone face to face.
- Risks of online communication.
- Recognise if an online relationship is making them feel unsafe.
- How to ask for support.

# PSHE

## Health and Wellbeing: Physical & Mental Health Block 3

### Medicines and household products

The importance of taking medicines correctly.

Using household products safely (following instructions)

Dangers and hazards of not following instructions

### Basic First Aid

- Children to run through basic safety and first aid procedures:

***Could use an external provider***

# PSHE

## Living in the Wider World: Money and Work Block 3

### Role of money

Recap importance of money, range of payment methods and how to keep track of money.

- Describe how shops, service, banks and manufacturers try to persuade people to buy their products
- Make decisions about whether something is better 'value for money' than something else

### Choices with money

- Understanding how to be a critical consumer - help to articulate what might be a 'good deal'.
- Methods of payment
- Choices of payment methods.
- Impact of these choices

# Block Four

PSHE  
Relationships: Respecting Self and Others  
Block 4

Our personal behaviour can affect others:

How our personal behaviour can affect other people.

What is respectful behaviour?

- Online
- In school
- At home

What is the impact?

Self respect

To recognise the importance of self-respect and how this can impact thoughts and feelings about themselves.

Everyone (inc them) should expect to be treated politely and with respect.

Tolerance

Strategies to improve.

# PSHE

## Health and Wellbeing: Physical & Mental Health Block 4

### The elements of a balanced, healthy lifestyle

- Food - what is a healthy diet
  - Nutritionally rich foods
  - Tooth decay
  - Obesity
- Sleep - how much sleep do they need
  - Effects of lack of sleep

### The elements of a balanced, healthy lifestyle

- Benefits if regular exercise:
  - Mental and physical health
  - Opportunities to be active
  - Risks of an inactive lifestyle



PSHE  
Living in the Wider World: Belonging to a Community  
Block 4

Sustainability of the environment across the world.

Resources can be allocated in different ways and these economic choices affect individual, communities and sustainability of environment across the world.

- How the environment provides resources we need - electricity, heating, food, paper, fuel etc.
- Recognise there is a limited supply of the earth's resources and the importance of sustainability.

Link to caring for our school environment and the resources that we use.

Sustainability of the environment across the world.

- Identify and explain their own environmental responsibilities and the difference this can make.
- Recognise how resources are shared across communities and the affects this can have on communities/the environment.

Use stories/documentary clips where lack of care for the environment has negative effects as starting point.

# Block Five

# PSHE

## Relationships: Safe Relationships

### Block 5

#### Recognise and respond to a wider range of feelings in others.

- Recognise and describe how feelings change in different circumstances
- Explain how we experience and express an increasing range of emotions
- Identify who and what can help manage and express feelings

Draw around a body and discuss where different feelings occur and how our body responds. In pairs, chn work with small body outline. *Huge Bag of Worries* by V Ironside

#### Concept of keeping secrets - asking for help

- Explain what it means to keep something confidential or secret
- Reasons for when should/not agree
- Explain why no one should ask us to keep a secret we feel uncomfortable about.
- Strategies for speaking up
- Examples of when it is right to change our minds and break a confidence

Practise saying 'no' assertively. Rule - keep nice secrets/ surprises everyone will find out but should tell if adult says 'keep a secret and never tell.

# PSHE

## Health and Wellbeing: Physical & Mental Health Block 4

### Puberty and change

Discuss the increased level of responsibility that comes with puberty:

Take responsible for health and hygiene.

New level of independence.

Where to get more information, help and advice about changing.

### Healthy Lifestyles

Habits:

- Good (exercise, teeth brushing, bedtime routine) vs bad habits (not enough sleep, over eating, too much tablet or TV)
- How they make us feel - recognise the impact.
- Strategies to develop good ones
- How to change or stop bad ones.
- Impact on mental health

# PSHE

## Living in the Wider World: Belonging to a Community Block 4

### Your digital footprint

How the internet keeps everything you post.

What your footprint will look like.

### Your reputation online

- Keeping things private
- <https://www.internetmatters.org/issues/online-reputation/protect-your-child/#Talking-online-reputation>

# Block Six

# PSHE

## Relationships: Friends and Family

### Block 6

#### Positive Friendships

- The impact of bullying
  - Online
  - Offline
- The consequences of hurtful behaviour

#### Positive friendships

- Strategies to respond to hurtful behaviour experienced or witnessed.
- Offline and online

(including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others).

- How to report concerns and get support.

# PSHE

## Health and Wellbeing: Physical & Mental Health Block 6

### Keeping Safe

Risks, dangers and hazards:

- What they are and how to reduce them
- How to minimise them near roads, railways, water, buildings and fireworks.
- What rules do we have in school to keep us safe?
- How can you ensure your safety when you're at the park or walking with friends?

### Keeping Safe

- Hazards and risks at home:
  - Medicines
  - Household products
  - Matches and lighters
  - Every day drugs



# PSHE

## Living in the Wider World: Money and Work Block 6

### Spending decisions

Priorities

Needs

Wants

Value - what something is worth

### Money activity

- Prepare a money activity and ask the children to decide what is a priority, a need and a want.

(e.g. rent, food, water, gas, travel, x-box)

They have a budget to stick too.