

Castle View Primary School PSHE Curriculum

Autumn 1, Year 4 – *Me and My Relationships*

Prior Learning:

- Rules and their purpose
- Cooperation

SCARF Objectives:

- To give a lot of examples of how I can tell a person is feeling just by their body language/physical state.
- To know what is meant by ‘healthy relationships’.
- To know what I could do if someone was upsetting me or if I was being bullied.
- To explain what being ‘assertive’ means and give a few examples of ways of being assertive if I need to say ‘no’.

Assessment Questions:

- What are the qualities of a positive, healthy relationship and how are they good for us?
- What strategy would you use if you needed to say no to a friend?
- What are some of the physical effects of ‘not so good’ feelings?
- How does ‘reading’ someone's feelings from their body language help us?
- What could someone say if they were being bullied?

Key vocabulary:

Collaborate, collaborative, teamwork, healthy relationships, qualities, assertive, aggressive, negotiate, compromise, feelings, physical state, body language, bully, pressure

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Autumn 2, Year 4 – *Valuing Difference*

Prior Learning:

- Recognising and respecting diversity
- Being respectful and tolerant

~~My community~~

SCARF Objectives:

- To understand the importance of compromise and negotiation.
- To say a lot of ways that people are different, including religious or cultural differences.
- To explain why it's important to challenge stereotypes that might be applied to me or others.
- To know and explain strategies for safe online sharing.
- To understand they have a right to protect their body space. Recall PANTS rules.

Assessment Questions:

- In what ways could you show compromise with your peers when working together?
- What does it mean to 'respect' others?
- What is a stereotype?
- What is the difference the relationships we have with a friend and an acquaintance?
- How might you know if someone doesn't feel comfortable with someone in their body space?

Key vocabulary:

Negotiate, compromise,
aggressive, apologise, differ,
similarities, stereotype, sharing,
acquaintances, body space,
invade, uncomfortable

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Spring 1, Year 4 – *Keeping Safe*

Prior Learning:

- Managing risk
- Decision-making skills

~~Drugs and their risks~~

SCARF Objectives:

- To give examples of people or things that might influence someone to take risks (e.g. friends, peers, media, celebrities), but that people have choices about whether they take risks.
- To say a few of the risks of smoking or drinking alcohol on a person's body and give reasons for why most people choose not to smoke, or drink too much alcohol.
- To give examples of positive and negative influences, including things that could influence me when I am making decisions.

Assessment Questions:

- What is the difference between danger, risk and hazard?
- What strategies would you use when managing dares?
- What can happen to someone's body when they are not feeling safe?
- What is an example of a good/bad influence?
- What are the key risks and effects of smoking and drinking alcohol?

Key vocabulary:

Danger, dangerous, risk,
hazard, dare, assertive,
persevere, influence,
consequences, privacy,
security, social norm, choices

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Spring 2, Year 4 – *Rights and Respect*

Prior Learning:

- Skills we need to develop as we grow up
- Helping and being helped

~~Looking after the environment~~

SCARF Objectives:

- To recognise that everyone can make a difference within a democratic process.
- To explain how a ‘bystander’ can have a positive effect on negative behaviour they see happening by working together to stop or change that behaviour.
- To explain how these reports (TV, newspapers or their websites) can give messages that might influence how people think about things and why this might be a problem.
- To explain how money is a limited resource and we have choices and decisions to make about how to spend it.

Assessment Questions:

- What is meant by ‘being responsible’?
- How might the media influence the way you think about something?
- How does the behaviour of bystanders' impact bullying?
- What are some essential items for expenditure in the home?

Key vocabulary:

Behaviour, responsible,
trustworthy, reliable, democracy,
rules, difference, bystander,
active, passive, influence,
opinion, income, expenditure

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Summer 1, Year 4 – *Being my Best*

Prior Learning:

- Keeping myself healthy and well
- Celebrating and developing my skills

~~Developing empathy~~

SCARF Objectives:

- To give a few examples of different things that I do already that help to me keep healthy.
- To give different examples of some of the things that I do already to help look after my environment.
- To recognise that there are times when they will make the same choices as their friends and times when they will choose differently.
- To know what a healthy balanced diet includes with reference to the food groups on the Eatwell Guide.

Assessment Questions:

- Why is it important and valuable that we're all different?
- What food groups make a healthy balanced diet?
- What are some of the 7R's for looking after our environment?
- What are some of the choices we make that affect our health?

Key vocabulary:

Unique, individual, choices,
healthy, balanced diet, food
groups, environment, reduce,
re-use, recycle, refuse, repair,
rethink,

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Summer 2, Year 4 – *Changing and Growing*

Prior Learning:

- Relationships
- Changing bodies and puberty

SCARF Objectives:

- To describe some of the changes that happen to people during their lives.
- To label some parts of the body that only boys have and only girls have.
- To know/understand what happens during puberty and list some of the reasons why a teenager might have these (e.g. conflict with parents).
- To tell you why people get married and can include both same sex and opposite sex partners.

Assessment Questions:

- What sort of changes do we experience during our life and how can we support those who experience these?
- What are some of the physical changes that happen to boys/girls during puberty?
- Why might people get married? What's the difference between this and a civil partnership?
- Recap; what is the difference between a secret and a surprise? Who could help if you felt uncomfortable?

Key vocabulary:

Change, move, manage,
hormones, puberty, feelings,
independence, conflict,
breasts, penis, womb, period,
vagina, ovaries, eggs, sperm,
pubic hair,