

Heritage Park Primary School

PSHCE Scheme of Work – Year 4

Autumn 1	Spring 1	Summer 1
<p><u>Citizenship</u> <u>Rights, Rules & Responsibilities</u></p> <ul style="list-style-type: none"> • What does it mean to be treated and to treat others with respect? • Who are those in positions of authority within our school and communities and how can we show respect? • Why do we need rules and conventions at home and at school? • What part can I play in making and changing rules? • What do we mean by rights and responsibilities? • What are my responsibilities at home and at school? • How do we make democratic decisions in school? • What is a representative and how do we elect them? 	<p><u>Citizenship</u> <u>Working Together</u></p> <ul style="list-style-type: none"> • What am I good at and what are others good at? • What new skills would I like or need to develop? • How well can I listen to other people? • How do I ask open questions? • How can I share my views and opinions effectively? • How can different people contribute to a group task? • How can I persevere and overcome obstacles to my learning? • How can I work well in a group? • What is useful evaluation? • How do I give constructive feedback and receive it from others? 	<p><u>Healthy & Safer Lifestyles</u> <u>Managing Safety and Risk</u></p> <ul style="list-style-type: none"> • How do I feel in risky situations and how might my body react? • Can I make decisions in risky situations and might my friends affect these decisions? • When might I meet adults I don't know & how can I respond safely? • What actions could I take in an emergency or accident and how can I call the emergency services? • What are the benefits of using the roads and being near water and how can I reduce the risks? • How is fire risky and how can I reduce the risks? • How do I keep myself safe during activities and visits? • How can I stop accidents happening at home and when I'm out?
	<p><u>Economic Wellbeing</u> <u>Financial Capability</u></p> <ul style="list-style-type: none"> • What different ways are there to earn and spend money? • What do saving, spending and budgeting mean to me? • How can I decide what to spend my money on and choose the best way to pay? • What might my family have to spend money on? • What is 'value for money'? • How do my feelings about money change? • How do my choices affect my family, the community, the world and me? 	<p><u>Healthy & Safer Lifestyles</u> <u>E-Safety</u></p> <ul style="list-style-type: none"> • How might my use of technology change as I get older, and how can I make healthier and safer decisions? • How does my own and others' online identity affect my decisions about communicating online? • How might people with similar likes & interests get together online? • Can I explain the difference between "liking" and "trusting" someone online? • What does it mean to show respect online, and how could my feelings, and those of others, be affected by online content or contact?

		<ul style="list-style-type: none"> • When looking at online content, what is the difference between opinions, beliefs and facts? • Why is it important to ration the time we spend using technology and/or online? • How might the things I see and do online affect how I feel and how healthy I am, and how can I get support when I need it? • Why are social media, some computer games, online gaming and TV/films age restricted and how does peer influence play a part in my decision making?
Autumn 2	Spring 2	Summer 2
<u>Myself & My Relationships</u> <u>My Emotions</u> <ul style="list-style-type: none"> • Why is it important to accept and feel proud of who we are? • What does the word ‘unique’ mean and what do I feel proud of about myself? • Why is mental wellbeing as important as physical wellbeing? • How can I communicate my emotions? • Can I recognise some simple ways to manage difficult emotions? • What does it mean when someone says I am “over reacting” and how do I show understanding towards myself and others? • How do my actions and feelings affect the way I and others feel? • How do I care for other people’s feelings? • Who can I talk to about the way I feel? • How can I disagree without being disagreeable? 	<u>Healthy & Safer Lifestyles</u> <u>Relationships and Sex Education</u> <ul style="list-style-type: none"> • What are the main stages of the human life cycle? • How did I begin? • What does it mean to be ‘grown up’? • What am I responsible for now and how will this change? • How do different caring, stable, adult relationships create a secure environment for children to grow up? 	<u>Myself & My Relationships</u> <u>Managing Change</u> <ul style="list-style-type: none"> • What changes have I and my peers already experienced and what might happen in the future? • What helps me when I’m experiencing strong emotions due to loss or change? • What strategies help me to thrive when my friendships change? • How might I behave when I feel strong emotions linked to loss and change? • How might people feel when loved ones or pets die, or they are separated from them for other reasons? • What changes might people welcome and how can they plan for these?
<u>Myself & My Relationships</u> <u>Anti-bullying</u> <ul style="list-style-type: none"> • How are falling out and bullying different? 		

<ul style="list-style-type: none">• How do people use power when they bully others?• What are the key characteristics of different types of bullying?• How can lack of respect and empathy towards others lead to bullying?• What is the difference between direct and indirect forms of bullying?• What are bystanders and followers and how might they feel?• Do I understand that bullying might affect how people feel for a long time?• How can I support people I know who are being bullied by being assertive?• How does my school prevent bullying and support people involved?		
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