



## Year 3 & 4 PSHE & RSHE CURRICULUM

### YEAR A

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Our Happy School</b>	<b>Out and About</b>	<b>Looking Forward</b>	<b>Me, my Friends and Family</b>	<b>Healthy Bodies, Healthy Minds</b>	<b>Ready, Steady, Go</b>
<i>Creating a happy and collaborative learning environment. New ground rules build on KS1 principles.</i>	<i>Enabling the children to become better communicators and awareness of personal safety.</i>	<i>Pupils explore their learning styles and work collaboratively to set and achieve goals through an enterprise activity.</i>	<i>Relationships with friends and family. It further develops learning about sensitive issues such as personal hygiene.</i>	<i>Managing uncomfortable feelings. How to plan healthy meals and the effects and benefits of exercise.</i>	<i>Children identify people they can trust to help them and learn how and where to get help.</i>
<p>L1: I know what the Ground rules are for my class and why they are important. <i>G&amp;M: Rules &amp; responsibilities</i></p> <p>L2: I know about rights and responsibilities towards others. <i>G&amp;M: Rules &amp; responsibilities</i></p> <p>L3: I respect and value what makes us all different from each other. <i>G&amp;M: Communities</i></p> <p>L4: I can make sensible informed decisions.</p> <p>L5: I am able to work with a range of different people.</p> <p>L6: I understand about consequences. I know about rewards and sanctions.</p>	<p>L1: I can listen attentively and take turns when talking with others.</p> <p>L2: I can see things from another point of view.</p> <p>L3: I can identify places / situations that may cause me harm.</p> <p>L4: I can cross a road safely.</p> <p>L5: I know about fire safety.</p> <p>L6: I know about firework safety.</p>	<p>L1: I know I am responsible for my own learning and behaviour.</p> <p>L2: I know I am responsible for my own learning and behaviour.</p> <p>L3: I have thought about what people need in other countries.</p> <p>L4: I know what influences the choices people make about how money is spent (Fairtrade). <i>G&amp;M: Money</i></p> <p>L5: I understand why the work of charities is important.</p> <p>L6: I can contribute to activities that involve raising money.</p>	<p>L1: I understand what guilt means and how it makes us feel.</p> <p>L2: I know that there are different forms of families and all are special. <i>G&amp;M R-Ed Lesson 1 Families</i></p> <p>L3: I know that everyone is special and we all have strengths &amp; weaknesses. <i>G&amp;M: Aspirations</i></p> <p>L4: I know the consequences of not keeping my body clean. <i>G&amp;M H-Ed Lesson 3 Handwashing &amp; Hygiene</i></p> <p>L5: I can help people to make them feel that they belong.</p> <p>L6: I am able to say 'no' when I don't want to do something.</p>	<p>L1: I understand why people might feel surprised.</p> <p>L2: I can identify the key elements of a balanced diet. <i>G&amp;M H-Ed Lesson 2 Healthy Eating</i></p> <p>L3: I can plan a healthy meal.</p> <p>L4: I know why it is important to exercise every day. <i>G&amp;M H-Ed Lesson 2 Exercise</i></p> <p>L5: I know that sometimes it is difficult to control your feelings. <i>G&amp;M H-Ed Lesson 1 Managing Feelings</i></p> <p>L6: I know that feelings can make people respond in different ways.</p>	<p>L1: I know that everyone goes through changes and how they can feel uncomfortable.</p> <p>L2: I have some strategies to deal with people that make me feel uncomfortable.</p> <p>L3: I know how to stay safe on the street and around water. <i>G&amp;M H-Ed Lesson 3 SUN-SAFETY focus</i></p> <p>L4: I can tell you who I can go to for help. (e.g. 999 / Childline)</p> <p>L5: I can tell you the SMART safety rules about using the Internet. <i>G&amp;M: Media/ digital resilience</i></p> <p>L6: I know what to do if I'm in a difficult situation.</p>

## YEAR B

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Our Happy School</b>	<b>Out and About</b>	<b>Looking Forward</b>	<b>Me, my Friends and Family</b>	<b>Healthy Bodies, Healthy Minds</b>	<b>Ready, Steady, Go</b>
<i>Children re-establish class ground rules. They also consider how to manage difficult situations.</i>	<i>Solving problems and anger management. Staying safe and investigating bullying.</i>	<i>Another enterprise activity focused on Fair Trade. The emphasis is on responsibility and teamwork.</i>	<i>Personal hygiene and early puberty - changes we experience are natural and can be embraced positively.</i>	<i>Coping with feelings, such as stress and anxiety. The effects of smoking &amp; the importance of making healthy choices.</i>	<i>Where and how to get help and e-safety (e.g. keeping personal information safe).</i>
<p>L1: I can make decisions about which rules are most important.</p> <p>L2: I know why it is important to keep our school / class rules.</p> <p>L3: I know some ways to manage my own behaviour.</p> <p>L4: I can deal with new situations by facing new challenges positively</p> <p>L5: I know some different ways to cope when I feel sad or afraid. <i>G&amp;M H-Ed Lesson 1 Managing Feelings</i></p> <p>L6: I understand how to be responsible towards others. <i>G&amp;M: Rules &amp; responsibilities</i></p>	<p>L1: I know how I show my anger and know ways to calm down.</p> <p>L2: I can use a peaceful problem solving approach to sort out difficulties.</p> <p><b>G&amp;M R-Ed Lesson 2: Friendships</b></p> <p>L3: I know what peer pressure is and how it can affect me.</p> <p><b>ANTI-BULLYING WEEK</b> (L4): I know what bullying is and how it can be dealt with. <i>G&amp;M R-Ed Lesson 4 Anti-Bullying</i></p> <p>L5: I know some different ways to stay safe on dark nights.</p> <p>L6: I know about how to stay safe during the winter.</p>	<p>L1: I know I am responsible for my own learning and behaviour.</p> <p>L2: I can support others in their work.</p> <p>L3: I can explain my understanding of fair trade. <i>G&amp;M: Money</i></p> <p>L4: I know what influences the choices people make about global trade. <i>G&amp;M: Money</i></p> <p>L5: I have thought about what money could buy in other countries.</p> <p>L6: I have thought about why people earn different amounts of money. <i>G&amp;M: Money</i></p>	<p>L1: I can take responsibility for what I choose to do.</p> <p>(L2): <b>G&amp;M R-Ed Lesson 5: Making Good Boundaries</b></p> <p>L3: I know how boys and girls change as they go through puberty. <b>L&amp;SM L3: Changing Bodies</b></p> <p>L4: I know that as I grow up, keeping clean is important. <i>G&amp;M H-Ed Lesson 3 Handwashing &amp; Hygiene</i></p> <p>L5: I know that we all grow and change at different rates.</p> <p>L6: I know that I have changed and will keep changing as I grow older.</p>	<p>L1: I know that my feelings can affect other people.</p> <p>L2: I know that people may respond in different ways to worry. <i>G&amp;M H-Ed Lesson 1 Managing Feelings</i></p> <p>L3: I can explain why it is unhealthy to smoke. <i>G&amp;M H-Ed Lesson 4 Smoking</i></p> <p>L4: I can use assertive language to stay safe.</p> <p>L5: I know when taking a risk is safe or dangerous.</p> <p>L6: I understand I need to take responsibility for my own health and well-being.</p>	<p>L1: I know that change can affect how we feel and behave.</p> <p>L2: I can recognise when I am feeling safe or unsafe.</p> <p>L3: I know where it is safe and not safe to play.</p> <p>L4: I know who I can go to if I feel unsafe or worried.</p> <p>L5: I know how to use technology in a safe way. <i>G&amp;M: Media/ digital resilience</i></p> <p>L6: I can help others keep safe.</p> <p>Plus: BASIC FIRST AID</p>

*'G&M' refers to the 'Goodness & Mercy' RSHE Resources written by the Diocese of Bristol and recommended for Church of England schools*