



# St. Joseph's Catholic Primary School

## Year 4 – PSHE

YEAR 4 – MEDIUM-TERM OVERVIEW			
Term	Topic	In this unit of work, pupils learn...	Quality Assured resources to support planning
Autumn – Relationships	<b>Families and friendships</b> Positive friendships, including online  PoS Refs: R10, R11, R12, R13, R18	<ul style="list-style-type: none"><li>about the features of positive healthy friendships such as mutual respect, trust and sharing interests</li><li>strategies to build positive friendships</li><li>how to seek support with relationships if they feel lonely or excluded</li><li>how to communicate respectfully with friends when using digital devices</li><li>how knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don't know</li><li>what to do or whom to tell if they are worried about any contact online</li></ul>	<a href="#">Our Class - Caring Friendships</a> <a href="#">Curiosity Library (E)</a> <a href="#">PSHE Association – Friendship and bullying</a>
	<b>Safe relationships</b> Responding to hurtful behaviour; managing confidentiality; recognising risks online  PoS Refs: R20, R23, R27, R28	<ul style="list-style-type: none"><li>to differentiate between playful teasing, hurtful behaviour and bullying, including online</li><li>how to respond if they witness or experience hurtful behaviour or bullying, including online</li><li>recognise the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable</li><li>how to manage pressures associated with dares</li><li>when it is right to keep or break a confidence or share a secret</li><li>how to recognise risks online such as harmful content or contact</li><li>how people may behave differently online including pretending to be someone they are not</li><li>how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online</li></ul>	<a href="#">Our Class - Caring Friendships</a> <a href="#">National Cyber Security Centre - CyberSprinters</a> <a href="#">PSHE Association - pick your pics</a> <a href="#">Curiosity Library (E)</a> <a href="#">NSPCC – Talk PANTS</a> <a href="#">PSHE Association – Friendship and bullying</a>
	<b>Respecting ourselves and others</b> Respecting differences and similarities; discussing difference sensitively  PoS Refs: R32, R33	<ul style="list-style-type: none"><li>to recognise differences between people such as gender, race, faith</li><li>to recognise what they have in common with others e.g. shared values, likes and dislikes, aspirations</li><li>about the importance of respecting the differences and similarities between people</li><li>a vocabulary to sensitively discuss difference and include everyone</li></ul>	<a href="#">PSHE Association – Friendship and bullying</a>

Spring – Living in the wider world	<p><b>Belonging to a community</b> What makes a community; shared responsibilities  PoS Refs: L4, L6, L7</p>	<ul style="list-style-type: none"> <li>the meaning and benefits of living in a community</li> <li>to recognise that they belong to different communities as well as the school community</li> <li>about the different groups that make up and contribute to a community</li> <li>about the individuals and groups that help the local community, including through volunteering and work</li> <li>how to show compassion towards others in need and the shared responsibilities of caring for them</li> </ul>	<a href="#">PSHE association Inclusion, belonging and addressing extremism</a> <a href="#">RSPCA - Compassionate class KS2</a> <a href="#">Worcester University - Moving and moving home (KS2)</a> <a href="#">Experian - Values, Money and Me (KS2)</a>
	<p><b>Media literacy and Digital resilience</b> How data is shared and used  PoS Refs: L13, L14</p>	<ul style="list-style-type: none"> <li>that everything shared online has a digital footprint</li> <li>that organisations can use personal information to encourage people to buy things</li> <li>to recognise what online adverts look like</li> <li>to compare content shared for factual purposes and for advertising</li> <li>why people might choose to buy or not buy something online e.g. from seeing an advert</li> <li>that search results are ordered based on the popularity of the website and that this can affect what information people access</li> </ul>	<a href="#">National Cyber Security Centre - CyberSprinters</a> <a href="#">Curiosity Library (£)</a>
	<p><b>Money and Work</b> Making decisions about money; using and keeping money safe  PoS Refs: L17, L19 L20, L21</p>	<ul style="list-style-type: none"> <li>how people make different spending decisions based on their budget, values and needs</li> <li>how to keep track of money and why it is important to know how much is being spent</li> <li>about different ways to pay for things such as cash, cards, e-payment and the reasons for using them</li> <li>that how people spend money can have positive or negative effects on others e.g. charities, single use plastics</li> </ul>	<a href="#">Experian - Values, Money and Me (KS2)</a> <a href="#">PSHE Association - Money and wellbeing</a>
Summer – Health and wellbeing	<p><b>Physical health and Mental wellbeing</b> Maintaining a balanced lifestyle; oral hygiene and dental care  PoS Refs: H2, H5, H11</p>	<ul style="list-style-type: none"> <li>to identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally</li> <li>what good physical health means and how to recognise early signs of physical illness</li> <li>that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary</li> <li>how to maintain oral hygiene and dental health, including how to brush and floss correctly</li> <li>the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health</li> </ul>	<a href="#">PSHE Association - Health Education: food choices, physical activity &amp; balanced lifestyles</a> <a href="#">PSHE Association - Dental Health</a>

**Summer – Health and wellbeing**

<b>Keeping safe</b>  Medicines and household products; drugs common to everyday life  PoS Refs: H10, H38, H40, H46	<ul style="list-style-type: none"><li>the importance of taking medicines correctly and using household products safely</li><li>to recognise what is meant by a 'drug'</li><li>that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing</li><li>to identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects</li><li>to identify some of the risks associated with drugs common to everyday life</li><li>that for some people using drugs can become a habit which is difficult to break</li><li>how to ask for help or advice</li></ul>	<p><a href="#">PSHE Association – Drug and Alcohol Education (Year 3-4)</a></p> <p><a href="#">PSHE Association - Keeping safe at home</a></p>
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