



# Ferndale Primary and Nursery School

## PSHE: Year 4

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
Language Enrichment	First Hand Experiences	Purpose/Life Experiences	Previous Knowledge		
Vocabulary on display Support with challenging discussions (sentence stems). Class, group and pair discussions. Jigsaw Jaz	Discussing rules and expectations of the school and classroom. Coming up with class rules as a class. Healthy me – links with PE/DT (food). Choosing school council and eco council	Helps children to become thoughtful members of society and provides them with the tools required to deal with more challenging situations.  Helps children understand healthy life style choices and how to stay safe online.	Term 1: Being Me in My World Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives Term 2: Celebrating Differences Families and their differences Family conflict and how to manage it (child-centred)		



# Ferndale Primary and Nursery School

## PSHE: Year 4

			<p>Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments</p> <p><b>Term 3: Dreams and Goals</b> Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting</p> <p><b>Term 4: Healthy Me</b> Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices</p> <p><b>Term 5: Relationships</b> Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family</p>
--	--	--	---



# Ferndale Primary and Nursery School

## PSHE: Year 4

			<p>and friends</p> <p><b>Term 6: Changing Me.</b></p> <ul style="list-style-type: none"><li>How babies grow</li><li>Understanding a baby's needs</li><li>Outside body changes</li><li>Inside body changes</li><li>Family stereotypes</li><li>Challenging my ideas</li><li>Preparing for transition</li></ul>
--	--	--	--