

Year Group	Subject	Half-term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 4	PSHE	Unit of learning	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
		Unit content	How can we be a great class 'team'? How does democracy work in our school? What kind of school citizen am I? What are my rights as a school citizen? What are our class rules? What are my rights and responsibilities?	What happens when we make assumptions about how people look? What influences these assumptions? What can we do when bullying is hard to spot? What is special and unique about me?	What are my hopes and dreams? What happens when my hopes and dreams are broken? How can I overcome disappointment and set new goals? How can I set and achieve team goals?	What are my different friendship groups and how do I fit in? What are the group dynamics? What happens to our bodies when we drink and smoke? Why do people drink and smoke? How can I manage peer pressure?	What is my relationship web? Who is close and who is distant? How can I manage my feelings when I am close to someone and don't see them any more? Why do people have different views about animal rights? Why are animals special?	What changes do I want to make in my life? How can I manage changes that happen to me?
		Knowledge	Know my attitudes and actions make a difference to the class team Know who is in my school community and their role Know how democracy works through the school council Know how groups come together to make decisions Know how a voice benefits the school community	Know that sometimes we make assumptions based on what people look like Know that sometimes bullying is hard to stop and know what to do if I think it is going on but I am not sure Know why witnesses sometimes join in with bullying and sometimes don't tell Know what is special about me and value the way in which I am unique	Know my dreams and hopes Know sometimes hopes and dreams do not come true and that this can hurt Know how to make a new plan and set new goals even when I have been disappointed Know how to work out the steps to take to achieve a goal and can do this successfully as part of a group	Know how different friendship groups are formed and how I fit into them Know the facts about smoking and its effects on health Know some of the reasons why people start to smoke Know the facts about alcohol and its effects on health Know when people are putting me under pressure and how to resist this when I want Know myself well enough to have a clear picture of what I believe is right and wrong	Know the web of relationships that I am part of Know someone I love and can express why they are special to me Know about someone I know that I no longer see Know different points of view on animal rights issues Know how people feel when they love a special pet Know how to show love and appreciation to the people and animals who are special to me	Know how the circle of change works and can apply to changes I want to make in my life Know changes that have been and many continue to be outside of my control that I learnt to accept Know what I am looking forward to when I am in Year 5
		Vocabulary	included, excluded, welcome, valued, team, role, job description, school community, responsibility, rights, democracy, reward, consequence	assumption, judgement, surprised, different, appearance, accept, influence, appearance, opinion, attitude, bullying, friend, secret, deliberate, on purpose, bystander, witness, problem solve, cyber bullying, text message, website, special, unique, characteristics, physical features	dream, hope, goal, feeling, determination, perseverance, disappointment, fears, hurt, plans, cope, help, resilience, self-belief, motivation, perseverance, determination, commitment, team work, enterprise, design, cooperation, strengths, success, self-review, celebrate, evaluate, resilience, self-belief, motivation	friendships, emotions, healthy, relationships, friendship groups, value, embarrassed, roles, leader, follower, assertive, smoking, pressure, peers, guilt, advice, alcohol, liver, diseased, anxiety, fear, believe, opinion, assertive, right, wrong	relationship, close, distant, contribute, mutual benefit, belonging, caring, loss, strategy, shock, disbelief, numb, denial, anger, guilt, sadness, pain, despair, hopelessness, relief, acceptance, depression, souvenir, memento, memorial, loss, memories, special, remember, vegetarianism, opinion, debate, respect, love, appreciation, symbol, care	personal, unique, characteristics, parents, sperm, egg / ovum, penis, testicles, vagina / vulva, womb / uterus, ovaries, making love, having sex, sexual intercourse, fertilise, conception, puberty, menstruation, periods, control, emotions, acceptance, looking forward, excited, nervous, anxious, happy

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		<i>Progression standards</i>	Recognise and respond appropriately to a wider range of feelings in others Recognise what constitutes a positive, healthy relationship and develop the skills to maintain these relationships Develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and give rich and constructive feedback and support to benefit others as well as themselves Listen and respond respectfully to a wide range of people, feel confident to raise their own concerns, recognise and care about other people's feelings and try to see, respect and if necessary constructively challenge, their points of view Recognise the consequences of anti-social and aggressive behaviours such as bullying and discrimination on individuals and communities Learn how to resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and making choices	Deepen their understanding of good and not so good feelings Recognise when and how to ask for help and use basic techniques for resisting pressure Learn about people who are responsible for helping them stay healthy and safe and ways that they can support these people Understand school rules about health and safety, basic emergency aid procedures and where and how to get help Learn strategies for keeping physically and emotionally safe - including road safety, safety in the environment, and online safety Recognise and respond appropriately to a wider range of feelings in others Recognise what constitutes a positive, healthy relationship and develop the skills to maintain these relationships Listen and respond respectfully to a wide range of people, feel confident to raise their own concerns, recognise and care about other people's feelings and try to see, respect and if necessary constructively challenge, their points of view Recognise the consequences of anti-social and aggressive behaviours such as bullying and discrimination on individuals and communities Learn how to resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and making choices	Reflect on and celebrate their achievements, identify their strengths, areas for improvements and set high aspirations and goals Work collaboratively towards shared goals Develop strategies to resolve disputes and conflict through negotiation and appropriate compromise and give rich and constructive feedback and support to benefit others as well as themselves Learn how to resolve differences by looking at alternatives, seeing and respecting others' points of view, making decisions and making choices	Learn how to make informed choices and begin to understand further the concept of a balanced diet Recognise when and how to ask for help and use basic techniques for resisting pressure Learn about people who are responsible for helping them stay healthy and safe and ways that they can support these people Understand school rules about health and safety, basic emergency aid procedures and where and how to get help Learn strategies for keeping physically and emotionally safe - including road safety, safety in the environment, and online safety Recognise what constitutes a positive, healthy relationship and develop the skills to maintain these relationships Judge what kind of physical contact is acceptable / unacceptable and how to respond Listen and respond respectfully to a wide range of people, feel confident to raise their own concerns, recognise and care about other people's feelings and try to see, respect and if necessary constructively challenge, their points of view Recognise the consequences of anti-social and aggressive behaviours such as bullying and discrimination on individuals and communities	Deepen their understanding of good and not so good feelings Learn about change, including transitions, loss, separation, divorce and bereavement Recognise and respond appropriately to a wider range of feelings in others Be aware of different types of relationships, including those between friends and families, civil partnerships and marriage Recognise and challenge stereotypes Realise the nature and consequences of discrimination, teasing, bullying and aggressive behaviours and how to respond to them and ask for help Listen and respond respectfully to a wide range of people, feel confident to raise their own concerns, recognise and care about other people's feelings and try to see, respect and if necessary constructively challenge, their points of view	Learn about change, including transitions, loss, separation, divorce and bereavement Listen and respond respectfully to a wide range of people, feel confident to raise their own concerns, recognise and care about other people's feelings and try to see, respect and if necessary constructively challenge, their points of view