



Year 3 / 4 - two year rolling PSHE Overview

PSHE Intent

PSHE enables our children to become healthy, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community. Some of our PSHE is discretely taught, other aspects are linked and taught through Science, HRSE, PE and Computing.

By the end of Primary School, children should know about;

Relationships

- Families and people who care for me
 - Caring friendships
 - Respectful relationships
 - Online relationships
 - Being safe

Physical health and mental wellbeing

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
 - Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
 - Basic first aid
- Changing adolescent body

<u>Whole School</u> <u>annually</u>	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
	During this term, the children prepare and deliver a speech stating why they would be good school councillors. We use democracy to vote for children in each year group from Year 2- Year 6	As a school we will celebrate Mental Health Awareness week during this term to promote talking about feelings and celebrating our successes as a school.	Throughout the Summer term, we will prepare the children for any transition that will take place.

KS2	A 2023-2024 Y3/4	<u>Citizenship</u> The children will start the year by understanding the role of our school council and how this is similar to the local council. Linking with R.E and the Creation unit, the children will be learning about the importance of reusing and recycling; considering groups in the local community that promote this. They will show an understanding of why we have rules and the consequences of breaking them. They will learn about the rights that children have and human rights in general.	<u>Families and Relationships</u> Within this unit, the children will be learning about how to deal with friendship issues, what constitutes as bullying. They will be learning about the issues with stereotyping in all aspects of society. The children will be considering physical and emotional boundaries and who to trust. We will also discuss how to deal with bereavement, this will be with support from specialist charities where necessary.	<u>Health and Wellbeing</u> The children will learn about how to stay healthy and how our diet affects our bodies and our teeth. We will discuss how to keep our teeth healthy by good oral health. The children will be identifying strengths, learning how to celebrate mistakes and develop a growth mindset. The children will consider how we can increase our happiness.	<u>Economic Wellbeing</u> Throughout this unit, the children will be considering spending decisions. They will learn how to create a budget thinking about the difference between needs and wants. They will recognise that money affects how we feel, and how we feel when money is lost. Children will be exploring jobs available, and the skills needed for these. They will learn about stereotyping in the workplace and how this is against protected characteristics.	<u>Safety and Changing Body</u> This unit will be taught using resources from the scheme, A Journey in Love. The children will be consolidating what they have learnt in Computing, they will understand that online friendships can be positive and negative and how to manage these feelings. They will also be taught how to stay safe with alcohol, drugs and tobacco. Children will be taught some basic first aid within this unit. <u>Transition</u> The transition lesson is designed to help pupils with the change that comes from moving year groups. As a school, we have three transition sessions to help the children with the changes that are going to happen.
KS2	B 2024-2025 Y3/4	<u>Citizenship</u> During this unit, the children will revisit their learning in regard to the importance of reusing and recycling in relation to being Stewards of the Earth. They will learn about the role of the local council and how our School Council has similar responsibilities. They will understand the value of diversity in a community. The children will consider different ways to support charities although this may be ongoing throughout the year.	<u>Families and Relationships</u> Building on from previous learning, the children will develop strategies to deal with friendship issues. We will talk about the definition of Bullying and who you can turn to if you feel that you are being bullied. The children will have an understanding that families are different, but they support each other,	<u>Health and Wellbeing</u> The children will learn how to look after their teeth. They will have the opportunity to practise visualisation as a way to relax. The children will consider their strengths and future career options. There will be discussion about learning how to break down barriers to help us achieve a goal. The children will be able to identify a range of emotions and understand the term 'mental health.'	<u>Economic Wellbeing</u> The children will have an opportunity to create a budget and learn about the emotional impact of money and who we can turn to if you are worried. They will learn about spending choices that we make and the difference between needs and wants. This will all be linked to thinking about potential jobs and careers.	<u>Safety and Changing Body</u> Some of this unit will be taught using resources from the scheme, A Journey in Love. They will be exploring how bodies change and develop over time. The children will be learning how to spot fake emails. They will understand the purpose of age restrictions online. The children will be able to evaluate online searches and know what to do if they came across any unsuitable material. They will be taught the risks of smoking and the influences that affect our choices. They will learn how to deal with someone having an asthma attack. They will be learning about road safety and how to call the emergency services. <u>Transition</u> The transition lesson is designed to help pupils with the change that comes from moving year groups. As a school, we have three transition sessions to help the children with the changes that are going to happen.

