

PHSCE Medium term overview

Year 4

	Topic	In this unit of work children will learn:	Teacher notes:
Relationships	<p>Families and friendships</p> <p>Positive friendships, including online</p> <p>PoS Refs: R10, R11, R12, R13, R18</p>	<ul style="list-style-type: none"> <li>• To know the features of positive healthy friendships such as mutual respect, trust and</li> <li>• sharing interests</li> <li>• To know strategies to build positive friendships</li> <li>• To know how to seek support with relationships if they feel lonely or excluded</li> <li>• To know how to communicate respectfully with friends when using digital devices</li> <li>• To know 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>• To know what to do or whom to tell if they are worried about any contact online</li> </ul>	
	<p><b>Safe relationships</b></p> <p>Responding to hurtful behaviour; managing confidentiality; recognising risks online</p> <p>PoS Refs: R20, R23, R27, R28</p>	<ul style="list-style-type: none"> <li>• To know how to differentiate between playful teasing, hurtful behaviour and bullying, including online</li> <li>• To know how to respond if they witness or experience hurtful behaviour or bullying, including online</li> <li>• To recognise the difference between 'playful dares' and dares which put someone</li> <li>• under pressure, at risk, or make them feel uncomfortable</li> <li>• To know how to manage pressures associated with dares</li> <li>• To know when it is right to keep or break a confidence or share a secret</li> </ul>	

		<ul style="list-style-type: none"> <li>To know how to recognise risks online such as harmful content or contact</li> <li>To know how people may behave differently online including pretending to be someone they are not</li> <li>To know how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online</li> </ul>	
	<p><b>Respecting ourselves and others</b></p> <p>Respecting differences and similarities; discussing difference sensitively</p> <p>PoS Refs: R32, R33</p>	<ul style="list-style-type: none"> <li>To know differences between people such as gender, race, faith</li> <li>To know some things they have in common with others e.g. shared values, likes and dislikes, aspirations</li> <li>To know the importance of respecting the differences and similarities between people</li> <li>To know some vocabulary to sensitively discuss difference and include everyone</li> </ul>	
Living in the wider world	<p><b>Belonging to a community</b></p> <p>What makes a community; shared responsibilities</p> <p>PoS Refs: L4, L6, L7</p>	<ul style="list-style-type: none"> <li>To know the meaning and benefits of living in a community</li> <li>To know that they belong to different communities as well as the school community</li> <li>To know the different groups that make up and contribute to a community</li> <li>To know about the individuals and groups that help the local community, including through volunteering and work</li> <li>To know how to show compassion towards others in need and the shared responsibilities of caring for them</li> </ul>	
	<p><b>Media literacy and Digital resilience</b></p> <p>How data is shared and used</p> <p>PoS Refs: L13, L14</p>	<ul style="list-style-type: none"> <li>To know that everything shared online has a digital footprint</li> <li>To know that organisations can use personal information to encourage people to buy things</li> <li>To know what online adverts look like</li> <li>To know how to compare content shared for factual purposes and for advertising</li> <li>To know why people might choose to buy or not buy something online e.g.</li> </ul>	

		<p>from seeing an advert</p> <ul style="list-style-type: none"> <li>To know that search results are ordered based on the popularity of the website and that this can affect what information people access</li> </ul>	
	<p><b>Money and Work</b> Making decisions about money; using and keeping money safe</p> <p>PoS Refs: L17, L19 L20, L21</p>	<ul style="list-style-type: none"> <li>To know how people make different spending decisions based on their budget, values and needs</li> <li>To know how to keep track of money and why it is important to know how much is being spent</li> <li>To know different ways to pay for things such as cash, cards, e-payment and the reasons for using them</li> <li>To know how people spend money can have positive or negative effects on others e.g. charities, single use plastics</li> </ul>	
Health and wellbeing	<p>Physical health and Mental wellbeing Maintaining a balanced lifestyle; oral hygiene and dental care</p> <p>PoS Refs: H2, H5, H11</p>	<ul style="list-style-type: none"> <li>To know and identify a wide range of factors that maintain a balanced, healthy lifestyle, physically and mentally</li> <li>To know what good physical health means and how to recognise early signs of physical illness</li> <li>To know that common illnesses can be quickly and easily treated with the right care e.g. visiting the doctor when necessary</li> <li>To know how to maintain oral hygiene and dental health, including how to brush and floss correctly</li> <li>To know the importance of regular visits to the dentist and the effects of different foods, drinks and substances on dental health</li> </ul>	
	<p><b>Growing and changing</b> Physical and emotional changes in puberty;</p>	<ul style="list-style-type: none"> <li>To know how to identify external genitalia and reproductive organs</li> <li>To know some of the physical and emotional changes during puberty</li> <li>To know strategies to manage the changes during puberty including</li> </ul>	

	<p>external genitalia; personal hygiene routines; support with puberty</p> <p>PoS Refs: H30, H31, H32, H34</p>	<p>menstruation</p> <ul style="list-style-type: none"> <li>• To know the importance of personal hygiene routines during puberty including washing regularly and using deodorant</li> <li>• To know how to discuss the challenges of puberty with a trusted adult</li> <li>• To know how to get information, help and advice about puberty</li> </ul>	
	<p><b>Keeping safe</b></p> <p>Medicines and household products; drugs common to everyday life</p> <p>PoS Refs: H10, H38, H40, H46</p>	<ul style="list-style-type: none"> <li>• To know the importance of taking medicines correctly and using household products safely</li> <li>• To know and recognise what is meant by a 'drug'</li> <li>• To know that drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) can affect health and wellbeing</li> <li>• To know and identify some of the effects related to different drugs and that all drugs, including medicines, may have side effects</li> <li>• To know and identify some of the risks associated with drugs common to everyday life</li> <li>• To know that for some people using drugs can become a habit which is difficult to break</li> <li>• To know how to ask for help or advice</li> </ul>	