














**PHSE Medium term plan Year 4:**

**Jigsaw Lesson/ Project evolve lesson/ Anti-racism education**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Additional
Autumn 1	<p><b>Jigsaw Being me in my World – lesson 1</b></p> <p>I know my attitudes and actions make a difference to the class team I know how good it feels to be included in a group and understand how it feels to be excluded</p> <p>I try to make people feel welcome and valued</p>  	<p><b>Jigsaw Being me in my World – lesson 2</b></p> <p>I understand who is in my school community, the roles they play, how I fit in and how I can contribute I can take on a role in a group and contribute to the overall outcome</p> 	<p><b>Jigsaw Being me in my World – lesson 3</b></p> <p>I understand how democracy works through the School Council I can recognise my contribution to making a Learning Charter for the whole school</p> 	<p><b>Jigsaw Being me in my World – lesson 4</b></p> <p>I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them I understand how rewards and consequences motivate people's behavior</p> 	<p><b>Project evolve – Self-image and esteem lesson 1</b></p> <p>I can explain how my online identity can be different to my offline identity.</p> 	<p><b>Project evolve – Self-image and esteem lesson 2 and 3</b></p> <p>I can describe positive ways for someone to interact with others online and understand how this will positively impact on how others perceive them. I can explain that others online can pretend to be someone else, including my friends, and can suggest reasons why they might do this.</p> 	<p>Darks night assembly</p> <p>(Jigsaw lesson 5 first week to write learning charter for the class)</p>

Autumn 2	<p><b>Jigsaw celebrating differences lesson 1</b></p> <p>I understand that, sometimes, we make assumptions based on what people look like I try to accept people for who they are</p> 	<p><b>Jigsaw celebrating differences lesson 2</b></p> <p>I understand what influences me to make assumptions based on how people look I can question why I think what I do about other people</p> 	<p><b>Jigsaw celebrating differences lesson 3</b></p> <p>I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure I know how it might feel to be a witness to and a target of bullying</p> 	<p><b>Jigsaw celebrating differences lesson 4</b></p> <p>I can tell you why witnesses sometimes join in with bullying and sometimes don't tell I can problem-solve a bullying situation with others</p> 	<p><b>Project evolve: Online bullying – all 3 lessons</b></p> <p>I can recognise when someone is upset, hurt or angry online. I can describe ways people can be bullied through a range of media (e.g. image, video, text, chat). I can explain why people need to think carefully about how content they post might affect others, their feelings and how it may affect how others feel about them (their reputation).</p> 	<p><b>Anti-racism education – Lesson 5 Unconscious bias</b></p> <p>Identify some of their own biases Understand that stereotypes may lead us to have conscious or unconscious bias learn how to challenge bias and avoid making assumptions based on superficial characteristics.</p> 	<p>NSPCC Speak out video assembly (45 mins)</p> <p>-Anti-bullying week (Jigsaw lesson 3 and on-line bullying will cover this)</p> <p>-Remembrance (Super 70)</p>
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**Jigsaw Dreams and goals lesson 1**

I can tell you about some of my hopes and dreams I know how it feels to have hopes and dreams



**Jigsaw Dreams and goals lesson 2**

I understand that sometimes hopes and dreams do not come true and that this can hurt I know how disappointment feels and can identify when I have felt that way



**Jigsaw Dreams and goals lesson 3**

I know that reflecting on positive and happy experiences can help me to counteract disappointment I know how to cope with disappointment and how to help others cope with theirs



**Jigsaw Dreams and goals lesson 4**

I know how to make a new plan and set new goals even if I have been disappointed I know what it means to be resilient and to have a positive attitude



**Jigsaw dreams and goals lesson 5**

I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group I can enjoy being part of a group challenge



**Anti-racism education – Lesson 6 Being anti-racist in our actions**

Identify the kinds of jokes that are not acceptable.

- Understand the historical and personal context that makes racist comments and jokes particularly offensive.
- Children reflect on their own behaviour and how it might affect others.
- Understand the appropriate response to racist language and behavior



**Anti-racism education – Lesson 7 Representation matters**

to understand the importance of positive representation and visibility in the media



**Jigsaw – Healthy me Lesson 1 and 2**

I recognise how different friendship groups are formed, how I fit into them and the friends I value the most  
 I can identify the feelings I have about my friends and my different friendship groups  
 I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations  
 I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with



**Jigsaw – Healthy me Lesson 3**

I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke  
 I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others



**Jigsaw – Healthy me Lesson 4**

I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol  
 I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others



**Jigsaw – Healthy me Lesson 5**

I can recognise when people are putting me under pressure and can explain ways to resist this when I want  
 I can identify feelings of anxiety and fear associated with peer pressure



**Project evolve: Health, Wellbeing and lifestyle Lesson 1**

I can explain how using technology can be a distraction from other things, in both a positive and negative way.



**Project evolve: Health Wellbeing, lifestyle Lesson 2**








I can identify times or situations when someone may need to limit the amount of time they use technology e.g. I can suggest strategies to help with limiting this time.








**Anti-racism education lesson 8 Myth busting**

To understand the impact racial myths can have  
 To understand that each myth cannot be true



<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Summer 1</p>	<p><b>Jigsaw – Relationships lesson 1</b></p> <p>I can recognise situations which can cause jealousy in relationships I can identify feelings associated with jealousy and suggest strategies to problem-solve when this happens</p> 	<p><b>Jigsaw – Relationships lesson 2</b></p> <p>I can identify someone I love and can express why they are special to me I know how most people feel when they lose someone or something they love</p> 	<p><b>Jigsaw – Relationships lesson 4</b></p> <p>I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends I know how to stand up for myself and how to negotiate and compromise</p> 	<p><b>Jigsaw – Relationships lesson 5</b></p> <p>I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older I understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/ girlfriend</p>  	<p><b>Project evolve: Online relationships Lesson 1</b></p> <p>I can describe strategies for safe and fun experiences in a range of online social environments (e.g. livestreaming, gaming platforms)</p> 	<p><b>project evolve: Online relationships lesson 2 and 3</b></p> <p>I can give examples of how to be respectful to others online and describe how to recognise healthy and unhealthy online behaviours. I can explain how content shared online may feel unimportant to one person but may be important to other people’s thoughts feelings and beliefs.</p> 	
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Summer 2	<p><b>Jigsaw – Changing me Lesson 1</b></p> <p>I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm I appreciate that I am a truly unique human being</p> 	<p><b>Jigsaw – Changing me Lesson 2</b></p> <p>I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult</p> 	<p><b>Jigsaw – Changing me Lesson 3</b></p> <p>I can describe how a girl’s body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this I have strategies to help me cope with the physical and emotional changes I will experience during puberty</p> 	<p><b>Jigsaw – Changing me Lesson 4 and 5</b></p> <p>I know how the circle of change works and can apply it to changes I want to make in my life I am confident enough to try to make changes when I think they will benefit me I can identify changes that have been and may continue to be outside of my control that I learnt to accept I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</p> 	<p><b>Project evolve: Online reputation Lesson 1 and 2</b></p> <p>I can describe how to find out information about others by searching online. I can explain ways that some of the information about anyone online could have been created, copied or shared by others.</p> 	<p>Transition activities</p>	<p>Big talk education every 2 years</p> <p>First aid</p>
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