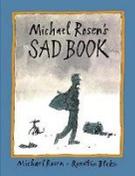


YEAR 4 — MEDIUM-TERM OVERVIEW

Half term / Key question:	Topic	In this unit of work, pupils learn...	Examples of Books / Resources
<p>Autumn 1</p> <p>What strengths, skills and interests do we have?</p>	<p>Health and wellbeing</p> <p>Self-esteem: self-worth; personal qualities; goal setting; managing set backs</p>	<ul style="list-style-type: none"> • how to recognise personal qualities and individuality • to develop self-worth by identifying positive things about themselves and their achievements • how their personal attributes, strengths, skills and interests contribute to their self-esteem • how to set goals for themselves • how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking 	<p>Differences and similarities - KS2 PSHE and Citizenship - BBC Bitesize</p> <p>Premier League Primary Stars Self-esteem (plprimarystars.com)</p> <p>Premier League Primary Stars Home learning - Resilience (plprimarystars.com)</p>
<p>Autumn 2</p> <p>How can we manage risk in different places?</p>	<p>Health and wellbeing</p> <p>Keeping safe; out and about; recognising and managing risk</p> <p>PoS refs: H12, H37, H38, H41, H42, H47, R12, R15, R23, R24, R28, R29, L1, L5, L15</p>	<ul style="list-style-type: none"> • how to recognise, predict, assess and manage risk in different situations • how to keep safe in the local environment and less familiar locations (e.g. near rail, water, road; fire/firework safety; sun safety and the safe use of digital devices when out and about) • how people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage this influence • how people's online actions can impact on other people • how to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online • how to report concerns, including about inappropriate online content and contact • that rules, restrictions and laws exist to help people keep safe and how to respond if they become aware of a situation that is anti-social or against the law 	<p>Drug and alcohol education — lesson plans, resources & knowledge organisers www.pshe-association.org.uk (pshe-association.org.uk)</p> <p>Uptown LAWS Activity — Classroom Activity by Hannah Davies — Seesaw Activity Library</p> <p>Share Aware resources for schools and teachers NSPCC Learning</p> <p>Thinkuknow 8-10s</p> <p>Staying safe online Childline</p> <p>Safety videos for children (cheshirefire.gov.uk)</p>

<p>Spring 1 How do we treat each other with respect?</p>	<p>Relationships Respect for self and others; courteous behaviour; safety; human rights</p> <p>PoS refs: R19, R20, R21, R22, R25, R27, R29, R30, R31, H45, L2, L3, L10</p>	<ul style="list-style-type: none"> • how people’s behaviour affects themselves and others, including online • how to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return • about the relationship between rights and responsibilities • about the right to privacy and how to recognise when a confidence or secret should be kept (such as a nice birthday surprise everyone will find out about) or not agreed to and when to tell (e.g. if someone is being upset or hurt)* • that everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination • the rights that children have and why it is important to protect these* • how to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concerns 	<p>BBC Clips - Racism in schools - KS2 PSHE and Citizenship - BBC Bitesize</p> <p>Being respectful online - KS2 Computing - BBC Bitesize</p> <p>Premier League Primary Stars Roar for diversity (plprimarystars.com)</p> <p>STAR-Toolkit-RESPECT.pdf (childnet.com)</p> <p>Parent Zone – Legendary Teacher hub</p>
<p>Spring 2 How can we manage our feelings?</p>	<p>Health and wellbeing Feelings and emotions; expression of feelings; behaviour</p> <p>PoS refs: H17, H18, H19, H20, H23</p>	<ul style="list-style-type: none"> • how everyday things can affect feelings • how feelings change over time and can be experienced at different levels of intensity • the importance of expressing feelings and how they can be expressed in different ways • how to respond proportionately to, and manage, feelings in different circumstances • ways of managing feelings at times of loss, grief and change • how to access advice and support to help manage their own or others’ feelings 	<p>Inside Out Disney film clip.</p> <p>Michael Rosen – Sad – Book.</p>  <p>Mental health and emotional wellbeing PowerPoint lesson plans (pshe-association.org.uk)</p> <p>Home Learning with BBC Bitesize - Wellbeing for Year 2 - BBC Bitesize</p> <p>Premier League Primary Stars Wellbeing - feelings and emotions (plprimarystars.com)</p>

<p>Summer 1</p> <p>How to help in an accident or emergency?</p>	<p>Health and wellbeing</p> <p>Basic first aid, accidents, dealing with emergencies PoS refs: H43, H44</p>	<ul style="list-style-type: none"> • how to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions • that if someone has experienced a head injury, they should not be moved • when it is appropriate to use first aid and the importance of seeking adult help • the importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services 	<p>Learn basic first aid - teaching resources First aid champions (redcross.org.uk)</p> <p>KS2 Basic Life Support Lesson Plan St John Ambulance (sja.org.uk)</p>
<p>Summer 2</p> <p>How can our choices make a difference to others and the environment?</p>	<p>Living in the wider world</p> <p>Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions PoS refs: L4, L5, L19, R34</p>	<ul style="list-style-type: none"> • how people have a shared responsibility to help protect the world around them • how everyday choices can affect the environment • how what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity) • the skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues • how to show care and concern for others (people and animals) • how to carry out personal responsibilities in a caring and compassionate way 	<p>RSPCA Compassionate Class - animal welfare, compassion and empathy, KS2 (pshe-association.org.uk)</p> <p>Greenpeace UK</p> <p>Premier League Primary Stars (plprimarystars.com) Giving To Help Others:</p> <p>Tackling plastic pollution lesson plan www.pshe-association.org.uk (pshe-association.org.uk)</p> <p>David Attenborough – Blue Planet Wall-E/ Happy Feet – film clips – pollution</p>

