



Giles Junior Year 4 PSHE Annual Curriculum Overview

<i>Year 4 - Autumn 1 - Being Me in My World</i>			
<i>Session</i>	<i>Learning objective</i>	<i>Vocabulary</i>	<i>7 Habits Links</i>
1	To know my attitudes and actions make a difference to the class team	INCLUDED, EXCLUDED WELCOME, VALUED, TEAM, CHARTER	Class Mission statement
2	To understand who is in my school community, the roles they play and how I fit in	ROLE, JOB DESCRIPTION, SCHOOL COMMUNITY, RESPONSIBILITY	Habit 1 – Be Proactive – Be Responsible (page 16)
3	To understand how democracy works through the Lighthouse Team	RIGHTS, RESPONSIBILITIES, DEMOCRACY	Opportunity to apply for Lighthouse Team– Public Speaking (page 72) Interviewing Skills (page 73)
4	To understand that my actions affect myself and others; care about other peoples feelings and try to empathise with them	REWARD, CONSEQUENCE, DEMOCRATIC	Habit 4 – Think Win-Win – Mutual Respect Page 42
5	To understand how groups come together to make decisions	DECISIONS, RIGHTS, RESPONSIBILITIES, VOTING, DEMOCRACY, AUTHORITY, LEARNING CHARTER, ROLE, CONTRIBUTION, OBSERVER	Habit 6 – Synergise – Optimising Strengths (page 50)
6	To understand how democracy and having a voice benefits the school community	DECISIONS, CHOICES, DEMOCRACY, LEARNING CHARTER, UN CONVENTION ON RIGHTS OF CHILD	Habit 6 – Synergise – Involving Others (page 54)
<i>Year 4 - Autumn 2 - Celebrating Difference</i>			
1	To understand that everybodys family is different and important to them	FAMILY, LOVING, CARING SAFE, CONNECTED, DIFFERENCE, SPECIAL	Habit 5 – Seek First – Don't pre-judge others (page 46)
2	To understand that differences and conflicts sometimes happen among family members	CONFLICT, SOLVE IT TOGETHER, SOLUTIONS, RESOLVE	Habit 5 – Seek first – I Messages (page 48)
3	To know what it means to be a witness to bullying	WITNESS, BYSTANDER, BULLYING, GAY, UNKIND, FEELINGS, TELL	
4	To know that witnesses can make the situation better or worse by what they do	WITNESS, BYSTANDER, BULLYING GAY, UNKIND, FEELINGS, TELL	
5	To recognise that some words are used in hurtful ways	CONSEQUENCES, HURTFUL	Habit 4 – Think Win-Win – Emotional bank accounts (page 40)
6	To be able tell about a time when my words affected someones feelings and what the consequences were	COMPLIMENT, SPECIAL, UNIQUE, DIFFERENCE, SIMILARITY	



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Year 4 – Spring 1 – Goals and Dreams			
Session	Learning objective	Vocabulary	7 Habits Links
1	To tell you about some of my hopes and dreams	DREAM, HOPE, GOAL, DETERMINATION, PERSEVERANCE, RESILIENCE, POSITIVE ATTITUDE	Habit 2 – Begin with the End in Mind – Think ahead (page 22)
2	To understand that sometimes hopes and dreams do not come true and that this can hurt	HOPES, DISAPPOINTMENT, FEARS, HURT	Habit 2 – Begin with the End in Mind – Consider consequences (page 26)
3	To know that reflecting on positive and happy experiences can help me to counteract disappointment	POSITIVE EXPERIENCES, DISAPPOINTMENT, PLANS, COPE, HELP	Habit 2 – Keep the End in Mind – Think ahead
4	To know how to make a new plan and set new goals even if I have been disappointed	RESILIENCE, SELF-BELIEF, MOTIVATION, PERSEVERANCE, DETERMINATION, COMMITMENT	Habit 3 – Put First Things First – Big Rocks/Plan Weekly (page 30/32)
5	To know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group	TEAMWORK, ENTERPRISE, DESIGN, COOPERATION	Habit 6 – Synergise – Barriers to Synergy (page 56)
6	To identify the contributions made by myself and others to the groups achievement	REVIEW, LEARNING, STRENGTHS, SUCCESS, CELEBRATE, EVALUATE	Habit 6 – Synergise – 3 rd alternatives (page 52)
Year 4 – Spring 2 – Healthy Me			
1	To recognise how different friendship groups are formed, how I fit into them and the friends I value the most.	FRIENDSHIPS, EMOTIONS, HEALTHY, RELATIONSHIPS, FRIENDSHIP GROUPS, VALUE	Habit 5 - Seek First to Understand – Attentive listening (page 44)
2	To 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	ROLES, LEADER, FOLLOWER, ASSERTIVE, AGREE / DISAGREE	Habit 1 – Be Proactive – proactive language (page 18)
3	To understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke	SMOKING, PRESSURE, PEERS, GUILT, ADVICE	Habit 2 Begin With the End in Mind – Consider consequences (page 24)
4	To understand the facts about alcohol and its effects on health, particularly the liver, and some of the reasons some people drink alcohol	ALCOHOL, LIVER, DISEASE	Habit 7 – Sharpen The Saw – Sharpen the body (page 58)
5	To can recognise when people are putting me under pressure and can explain ways to resist this when I want	ANXIETY, FEAR	
6	To know myself well enough to have a clear picture of what I believe is right and wrong	BELIEVE, ASSERTIVE, OPINION, RIGHT, WRONG	Personal Mission statement revisited (page 28)



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Year 4 – Summer 1 – Relationships			
Session	Learning objective	Vocabulary	7 Habits Links
1	To recognise situations which can cause jealousy in relationships	RELATIONSHIP, CLOSE, JEALOUSY, PROBLEM-SOLVE, EMOTIONS, POSITIVE, NEGATIVE	
2	To identify someone I love and can express why they are special to me	LOSS, STRATEGY, SHOCK, DISBELIEF, NUMB, DENIAL, ANGER, GUILT, SADNESS, PAIN, DESPAIR, HOPELESSNESS, RELIEF, ACCEPTANCE, DEPRESSION	Habit 7 – Sharpen the Saw – Develop the Heart (page 62)
3	To tell you about someone I know that I no longer see	SOUVENIR, MEMENTO, MEMORIAL, MEMORIES, SPECIAL, REMEMBER	Habit 7 – Sharpen the Saw – Develop the Soul (page 64)
4	To recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends	FRIENDSHIPS, NEGOTIATE, COMPROMISE, TRUST, LOYALTY, ANGER, BETRAYAL, EMPATHY	
5	To understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older	BOYFRIEND, GIRLFRIEND, ATTRACTION, PRESSURE, PERSONAL, COMFORTABLE	
6	To know how to show love and appreciation to the people and animals who are special to me	SPECIAL, LOVE, APPRECIATION, SYMBOL, CARE	Re-visit emotional bank accounts
Year 4 – Summer 2 – Changing Me			
1	To 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	PERSONAL, UNIQUE, CHARACTERISTICS, PARENTS	
2	To correctly label the internal and external parts of male and female bodies that are necessary for making a baby	SPERM, EGG/ OVUM, PENIS, TESTICLES, VAGINA/ VULVA, WOMB/ UTERUS, OVARIES, MAKING LOVE, HAVING SEX, SEXUAL INTERCOURSE, FERTILISE, CONCEPTION	
3	To describe how a girls 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.	PUBERTY, MENSTRUATION, PERIODS	
4	To know how the circle of change works and can apply it to changes I want to make in my life	CIRCLE, SEASONS, CHANGE, CONTROL	Habit 4 – Think Win-Win – Abundance Mentality (page 36)
5	To identify changes that have been and may continue to be outside of my control that I learnt to accept	CONTROL, CHANGE, ACCEPTANCE,	Habit 4 – Think Win-Win – Win-Win solutions (page 38)
6	To identify what I am looking forward to when I move to my next class.	CHANGE, LOOKING FORWARD, EXCITED, NERVOUS, ANXIOUS, HAPPY	Habit 1 – Be Proactive – Transition Person (page 20)