

## Year 4 PSHE Medium term plans

### Meet Your Brain (Autumn 1)

Meet your brain 1	<ul style="list-style-type: none"><li>• We are learning how you can train your mind.</li><li>• We are learning how your brain can grow.</li><li>• We are learning about the different parts of our brains</li></ul>
Meet your brain 2	<ul style="list-style-type: none"><li>• We are learning more about how Team H-A-P works.</li><li>• We are learning what is real and perceived danger.</li><li>• We are learning what triggers our Amygdala.</li></ul>
Meet your brain 3	<ul style="list-style-type: none"><li>• We are learning how to calm your Amygdala.</li></ul>
Meet your brain 4	<ul style="list-style-type: none"><li>• We are learning what Neurons and Neural Pathways are.</li><li>• We are learning how to form habits</li></ul>
Meet your brain 5	<ul style="list-style-type: none"><li>• We are learning how to look after our brains.</li><li>• We are continuing to develop our Happy Breathing habit.</li></ul>
Core Theme 1 Unit 6 LESSON 4: Online Privacy – It's Personal	<ul style="list-style-type: none"><li>• To use ICT safely including using software features and settings</li></ul>

	<ul style="list-style-type: none"> <li>• Know how information and data is shared and used online</li> </ul>
Core Theme 1 Unit 6 LESSON 5: Internet Use – Online Usage	<ul style="list-style-type: none"> <li>• Know that for most people the internet is an integral part of life and has many benefits</li> <li>• Know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.</li> </ul>

### Celebrate (Autumn 2)

Celebrate 1	<ul style="list-style-type: none"> <li>• We are learning about character and Character Strengths.</li> <li>• We are learning which strengths we use the most.</li> <li>• We are learning why it is important to use our strengths</li> </ul>
Celebrate 2	<ul style="list-style-type: none"> <li>• We are learning which strengths we use most.</li> </ul>

	<ul style="list-style-type: none"> <li>• We are learning why it is important to use our strengths,</li> <li>• We are learning how you can use your strengths in difficult situations</li> </ul>
Celebrate 3	<ul style="list-style-type: none"> <li>• We are learning why it is important to use and spot our strengths.</li> <li>• We are learning how we can use strengths in lots of different ways</li> </ul>
Celebrate 4	<ul style="list-style-type: none"> <li>• We are learning how we can grow our strengths.</li> <li>• We are learning more about Neuroplasticity and how it helps us</li> </ul>
Core Theme 1 Unit 6 LESSON 6: Internet Use – Age Limits	<ul style="list-style-type: none"> <li>• To know why social media, some computer games and online gaming, for example, are age restricted</li> <li>• To know where and how to report concerns and get support with issues online</li> </ul>
Core Theme 3 Unit 3 LESSON 1: Gender Stereotypes – His and Hers	<ul style="list-style-type: none"> <li>• To know and understand the terms ‘discrimination’ and ‘stereotype’</li> <li>• Challenge stereotypes relating to gender and work</li> </ul>
Core Theme 1 Unit 5	<ul style="list-style-type: none"> <li>• To know how to judge whether what they are</li> </ul>

LESSON 5: Feelings - Overreacting	feeling and how they are behaving is appropriate and proportionate
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### Appreciate (Spring 1)

Appreciate 1	<ul style="list-style-type: none"> <li>• We are learning what appreciation means.</li> <li>• We are learning why Gratitude is important.</li> <li>• We are learning how to create a habit of giving Gratitude</li> </ul>
Appreciate 2	<ul style="list-style-type: none"> <li>• We are learning how to develop an Attitude of Gratitude.</li> <li>• We are learning how it feels to give and receive Gratitude.</li> <li>• We are learning what the Domino Effect is.</li> </ul>
Appreciate 3	<ul style="list-style-type: none"> <li>• We are learning which hormone gets released when we give or receive Gratitude.</li> <li>• We are learning how to create a habit of giving Gratitude.</li> <li>• We are learning how Gratitude can help us face problems</li> </ul>
Appreciate 4	<ul style="list-style-type: none"> <li>• We are learning how to appreciate ourselves.</li> </ul>

	<ul style="list-style-type: none"> <li>We are learning more about how our Character Strengths can help us to appreciate ourselves.</li> </ul>
<p>Core Theme 1 Unit 5 LESSON 3: Loss / Separation – Left Behind</p>	<ul style="list-style-type: none"> <li>To develop strategies for managing and controlling strong feelings and emotions</li> </ul>
<p>Core Theme 1 Unit 5 LESSON 4: Family Changes – Two Homes</p>	<ul style="list-style-type: none"> <li>To understand that family units can be different and can sometimes change</li> </ul>

### Relate (Spring 2)

<p>Relate 1</p>	<ul style="list-style-type: none"> <li>We are learning how to understand and Celebrate our differences.</li> <li>We are learning what Stop, Understand and Consider means and how it can help.</li> </ul>
<p>Relate 2</p>	<ul style="list-style-type: none"> <li>We are learning how to better understand differences.</li> <li>We are learning how we can use our strengths in different ways</li> </ul>
<p>Relate 3</p>	<ul style="list-style-type: none"> <li>We are learning what makes a good friend.</li> <li>We are learning how friends help us solve problems.</li> </ul>

	<ul style="list-style-type: none"> <li>We are learning why it is important to show Gratitude to friends</li> </ul>
Relate 4	<ul style="list-style-type: none"> <li>We are learning how Active Listening can help us to relate with others.</li> <li>We are learning how Active Listening can help us to Stop, Understand and Consider</li> </ul>
Core Theme 1 Unit 3 LESSON 1: A Balanced Diet – Plant or Animal?	<ul style="list-style-type: none"> <li>To know where different foods come from</li> </ul>
Core Theme 1 Unit 3 LESSON 2: A Balanced Diet – Balancing Act	<ul style="list-style-type: none"> <li>To know about and understand the function of different food groups for a balanced diet</li> </ul>

### Engage (Summer 1)

Engage 1	<ul style="list-style-type: none"> <li>We are learning what we Engage in.</li> <li>We are learning how we can help ourselves to feel good</li> </ul>
Engage 2	<ul style="list-style-type: none"> <li>We are learning how we can feel good and do good.</li> <li>We are learning what Big Dream Goals are.</li> </ul>

	<ul style="list-style-type: none"> <li>• We are learning why setting goals make us feel so good</li> </ul>
Engage 3	<ul style="list-style-type: none"> <li>• We are learning how perseverance and resilience helps us.</li> <li>• We are learning how to stay focussed on our goals.</li> <li>• We are learning how we already have the skills of perseverance and resilience.</li> </ul>
Engage 4	<ul style="list-style-type: none"> <li>• We are recapping everything we can learnt about ourselves this year.</li> </ul>
Core Theme 1 Unit 3 LESSON 3: Working With Food – Master Chef	<ul style="list-style-type: none"> <li>• To identify the range of jobs carried out by the people they know</li> <li>• To reflect on the range of skills needed in different jobs</li> </ul>
Core Theme 1 Unit 3 LESSON 4: Working With Food – Our Food Hall	<ul style="list-style-type: none"> <li>• To learn to prepare and cook a variety of dishes</li> <li>• To work co-operatively, showing fairness and consideration to others</li> </ul>

### Summer 2 (From 3D PSHE)

Core Theme 2 Unit 4	<ul style="list-style-type: none"> <li>• To understand how we are all connected by our similarities</li> </ul>
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<p>LESSON 1: Connections – Paper Chains</p>	<ul style="list-style-type: none"> <li>• To recognise and respect similarities and differences between people</li> </ul>
<p>Core Theme 2 Unit 4 LESSON 2: Family Links – Family Tree</p>	<ul style="list-style-type: none"> <li>• To know and understand how the make-up of family units can differ</li> <li>• To empathise with another viewpoint</li> </ul>
<p>Core Theme 2 Unit 4 LESSON 3: Religious Views – Faith Findings</p>	<ul style="list-style-type: none"> <li>• To understand and appreciate the range of different cultures and religions represented within school</li> <li>• To learn about the need for tolerance for those of different faiths and beliefs</li> </ul>
<p>Core Theme 2 Unit 4 LESSON 4: Celebrate Diversity – Inside Outside</p>	<ul style="list-style-type: none"> <li>• To understand the term 'diversity' and appreciate diversity within school</li> <li>• To recognise and challenge stereotyping and discrimination</li> </ul>
<p>Core Theme 3 Unit 4 LESSON 1: Money Choices – A Million Dollars</p>	<ul style="list-style-type: none"> <li>• To learn about and reflect on their own spending habits / choices</li> <li>• To understand why financial management and planning is important from a young age</li> </ul>

Core Theme 3

Unit 4

LESSON 2: Managing Money

– Design Choices

- To learn about and reflect on their own spending habits / choices
- To understand why financial management and planning is important from a young age