

Melbourne Junior School PSHE - Medium Term Overview - Year 4

	Autumn: Relationships			Spring: Living in the Wider World			Summer: Health and Wellbeing		
	Families and Friendships	Safe relationships	Anti-Bullying	Rights and Responsibilities	Diversity and Community	Economic Wellbeing	Healthy Lifestyles	Relationships and Sex Education	Keeping Safe and Managing Risk
Special Events we celebrate in	Friendship month - September Black History Month - October Children in Need - November Remembrance Day - November Anti-bullying week- November			Holocaust memorial Day - January International Women's day - March Fair Trade fortnight - March Justice week - March Young Carer's Day - March Comic/Sport relief - March Neurodiversity and Down Syndrome Day- March			Earth Day - April Global Road safety week - May Mental health awareness week - May Young Money Week - June Empathy Day - June Pride Day - June		
LKS2	<ul style="list-style-type: none"> • RSE Mental wellbeing • RSE Caring and respectful relationships • RSE Online safety • How we can contribute and make a difference • Positive and safe relationships • Different types of relationships and families • Managing hurtful behaviour and bullying and developing assertive skills • Understanding how behaviour affects others • Understanding and challenging stereotypes 			<ul style="list-style-type: none"> • Belonging to communities and roles, rights and responsibilities within these • Children's rights and showing respect • Recognising and celebrating diversity and being tolerant and respectful • British Values • Making informed decisions as we grow up 			<ul style="list-style-type: none"> • Decisions about money, spending and saving and charities/ Fair Trade • Different types of relationship • Body parts, privacy and appropriate touch • When to keep a secret and when not to • Changes and feelings • Puberty and menstruation (Y4) • Medicines, smoking, alcohol and managing risk • Keeping healthy - understanding physical and mental wellbeing 		
Year 4	Lessons 1-4 Kapow Wellbeing lessons Understand the skills needed to work as a team and work on resilience. Identify the benefits of communicating with others and know strategies they can use to communicate with others safely.			Rights and Respect SCARF lessons 1. SCARF Who helps us stay healthy and safe? 2. SCARF It's your right British Values and Wider World - Young Citizens lessons 3. Being a Global Citizen and how to contribute to the Sustainable Development Goals			Money and Finances - SCARF 1. SCARF Harold's expenses 2. SCARF Y5 lesson Spending Wisely RSE and Health Education lessons based on SCARF Growing and Changing		

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Discuss how a person contributes to their school community and explain how they will show their appreciation.

Understand how their actions can affect people.

Recognise positive and negative thoughts and apply strategies to cope with negative thinking.

Lessons 5 and 6 SCARF Relationships

Safe, positive, respectful, caring relationships and assertiveness

5. Ok or not Ok part 1

6. Ok or not Ok part 2

Lesson 7 linked to the Anti-bullying yearly theme

Lessons 8 and 9 different types of families and stereotypes

8. What makes us unique and different and different types of families

9. Challenging stereotypes - gender, hobbies and jobs

Stonewall or SCARF resources

4-6. Democracy and Rule of Law

Y4 optional extra- Justice and Law Week Whole Class Reading?

(Y3/4 class 2023/24)

1. Changes and feelings (Moving House and My feelings are all over the place)

2. Body parts and Puberty (All Change)

3. When to keep a secret and when not to (Secret or Surprise?)

4. Puberty and menstruation (Preparing for puberty)

5. Marriage and relationships (Together)

Keeping Myself Safe

6. Smoking and alcohol (Know the norms)

7. Medicines (Medicines: check the label)