

Y4	PSHE Scheme of Work	
Key Skills in PSHE-Y4	Useful resources, websites etc	Key messages for teachers
<p><u>Being Me in My World</u> (Autumn 1)</p> <ul style="list-style-type: none"> <li>• Being part of a class team</li> <li>• Being a school citizen</li> <li>• Rights, responsibilities and democracy [school council]</li> <li>• Rewards and consequences</li> <li>• Group decision making</li> <li>• Having a voice</li> <li>• What motivates behaviour</li> </ul> <p><u>Celebrating Difference</u> (Autumn 2)</p> <ul style="list-style-type: none"> <li>• Challenging assumptions</li> <li>• Judging by appearance</li> <li>• Accepting self and others</li> <li>• Understanding influences</li> <li>• Understanding bullying</li> <li>• Problem-solving</li> <li>• Identifying how special and unique everyone is</li> <li>• First impressions</li> </ul> <p><u>Dreams and Goals</u> (Spring 1)</p> <ul style="list-style-type: none"> <li>• Hopes and dreams</li> <li>• Overcoming disappointment</li> <li>• Creating new, realistic dreams</li> <li>• Achieving goals</li> </ul>	<p>Refer to Jigsaw folder (one per class) for lessons, assessment, resources to photocopy</p> <p>Resource list supplied in Jigsaw files and may contain certain books/video clips</p> <p>Staff Shared contains a 'Jigsaw' folder where PowerPoints can be accessed for lessons. Please ensure '2<sup>nd</sup> Edition' is used which is the more up to date version.</p> <p>Soft toy Jigsaw Piece (one per class) for use in lessons and circle time activities</p> <p>Chime bar (one per class) can be used in 'Calm me' sessions</p> <p>CD of song music (one per year group and on Staff Shared) to be used in lessons</p> <p>Extensive range of books available on PSHE shelf (on Yr 6 corridor)</p> <p>Jigsaw Website:  <a href="https://www.jigsawpshe.com/#welcome-to-jigsaw-pshe">https://www.jigsawpshe.com/#welcome-to-jigsaw-pshe</a></p>	<p>What is PSHE?</p> <p>PSHE Education is a planned programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives – now and in the future. As part of a whole-school approach, PSHE Education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.</p> <p style="text-align: right;">From Jigsaw Programme</p> <p>Child-friendly:</p> <p>PSHE stands for Personal, Social and Health Education. Personal – all about me: why I am special, keeping myself safe and happy, know how to use and save money.  Social – how I interact with my friends, family and the community: rights, respect, working together.  Health – How to keep myself healthy in body and mind: knowing how to keep myself safe and have healthy relationships.  All these relate to now and when I grow up too.</p>

- Working in a group
- Celebrating contributions
- Resilience
- Positive Attitudes

#### Healthy Me (Spring 2)

- Healthier friendships
- Group dynamics
- Smoking
- Alcohol
- Assertiveness
- Peer pressure
- Celebrating inner strength

#### Relationships (Summer 1)

- Jealousy
- Love and loss
- Memories of loved ones
- Getting on and falling out
- Girlfriends and boyfriends
- Showing appreciation to people and animals

#### Changing Me (Summer 2)

- Being unique
- Having a baby (omitted)
- Girls and puberty (Adapted lesson)
- Confidence and change
- Accepting change
- Preparing for transition
- Environmental change

Username and password needed. See K Wade if something specific is needed from here please

SCARF

<https://www.coramlifeeducation.org.uk/scarf/>

- All Classes need to have Jigsaw Puzzle soft toy displayed in classrooms.
- Jigsaw Learning Charter should be created, discussed and displayed in all classrooms at the start of each new academic year.
- Jigsaw Journals should be passed onto Year 5 at the end of the year.

Other Y4 PSHE Skills		
<p>Swimming lessons in school – every child to try and be able to swim a length.</p> <p>Every child to experience playing a musical instrument – Wider Opportunities.</p> <p>Skills relating to promoting any of:</p> <p><u>School Values</u></p> <p>Compassion  Honesty  Aspiration  Respect  Teamwork  Enthusiasm  Responsibility  Determination</p> <p>AND</p> <p><u>British Values</u></p> <p>Democracy  The rule of law  Individual liberty  Mutual respect  Tolerance of those with different faiths and beliefs and for those without faith</p>		
Extension		
<p>Opportunity to become a School Council Representative.</p> <p>Personal achievements outside of school eg swimming certificates, sporting awards, dance recognition, fund raising.</p>		

Personal circumstances eg children belong to or know of a same-sex family, children are young carers, children are in care or know of a child in care.

Children who have experience or knowledge of outside agencies due to family circumstances eg The Wish Centre.