

Year 4 PSHE Overview

Autumn 1

Topic	Learning objectives	Useful links
Week 1: Rights and responsibilities	To understand why class and school rules are important	Establish class rules with children
Week 2 Zones of Regulation	To know the zones and how to use them in the classroom – What I want my teacher to know box	Zones of Regulation Role play zones Recognise the different feelings
Week 3: Rights and responsibilities	Created to Love Others Safe in my Body	Module 2 Unit 2
Week 4: Rights and responsibilities	Created to Love Others Safe in my Body	Module 2 Unit 4
Black History Month	See focus for the month this year	See resources in PSHE folder for this year.
Black History Month	See focus for the month this year	See resources in PSHE folder for this year
Week 7: Internet Safety	To know how to behave appropriately online	From computing scheme

Autumn 2

Topic	Learning Objective	Useful links
Week 1 Anti-Bullying Week	See year's focus	See PSHE resources
Week 2 Road Safety Week	See year's focus	See PSHE resources
Week 3 Road Safety Week	Road safety activity	See PSHE resources
Week 4: Get Up!	Session one (2X15mins) We are created individually by God who is Love, designed in His own image and likeness.	Ten ten resources LKS2 Module 1 Unit 1
Week 5: Get Up!	Session one (3X15mins) Every human life is precious from the beginning of life (conception) to natural death.	Ten ten resources LKS2 Module 1 Unit 1
Week 6: Wellbeing	Well being activity	

Spring 1

Topic	Learning objective	Useful links
Week 1: We Don't Have To Be the Same	Session 1: Similarities and differences between people arise as they grow and make choices.	Ten ten resources LKS2 Module 1 Unit 2
Week 2: Respecting Our Bodies	Session 2: About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do.	Ten ten resources LKS2 Module 1 Unit 2
Week 3: What is Puberty?	Session 3: Learn what the term puberty means	Ten ten resources LKS2 Module 1 Unit 2
Week 4: Changing Bodies	Session 4: Learn correct naming of genitalia.	Ten ten resources LKS2 Module 1 Unit 2
Week 5 Drugs Alcohol and Tobacco	Session 2: Medicines are drugs, but not all drugs are good for us.	Module 2 unit 4 session 2
Week 6: Mental health week	Focus for the year	PSHE folder

Spring 2

Topic	Learning Objective	Useful links
Week 1: What Am I Feeling?	Session 1: That emotions change as they grow up	Ten ten resources LKS2 Module 1 Unit 3
Week 2: What Am I Feeling?	Session 2: Positive actions help emotional well-being (beauty, art, etc. lift the spirit)	Ten ten resources LKS2 Module 1 Unit 3
Week 3: What am I looking at?	Session 3: To recognise that images in the media do not always reflect reality and can affect how people feel about themselves.	Module 1 Unit 3
Week 4: I am Thankful	Some behaviour is wrong, unacceptable, unhealthy and/or risky. Thankfulness builds resilience against feelings of envy, inadequacy, and insecurity, and against pressure from peers and the media	Ten ten resources LKS2 Module 1 Unit 3
Week 5: Internet Safety	To know what cyber bullying is and how we can deal with it.	Evolve
Week 6: Well Being	Well Being activity	

Summer 1

Topic	Learning objective	Useful links
Week 1: Life Cycles	Session 1: That they were handmade by God with the help of their parents.	Ten ten resources LKS2 Module 1 Unit 4
Week 2: A time for everything.	Session 2: The human family can reflect the Holy Trinity in charity and generosity.	Ten ten resources LKS2 Module 3 Unit 1
Week 3: Big changes, little changes	Session 1 (1X25mins) To know that God wants His Church to love and care for others.	Ten ten resources LKS2 Module 3 Unit 2
Week 4: Big changes, little changes plus classroom shorts	Session 1 (1X25mins) To devise practical ways of loving and caring for others.	Ten ten resources LKS2 Module 3 Unit 2
Week 5: A community of love		Me and My Relationships How can we solve this problem?
Week 6: Internet Safety	To know personal information should be kept to myself.	See computing programme

Summer 2

Topic	Learning Objective	Useful links
Week 3: What is the Church?	Session 2: The human family can reflect the Holy Trinity in charity and generosity.	Ten ten resources LKS2 Module 3 Unit 1
Week 2: How do I love others?	Session 1 (1X25mins) To know that God wants His Church to love and care for others.	Ten ten resources LKS2 Module 3 Unit 2
Week 3: How do I love others?	Session 1 (1X25mins) To devise practical ways of loving and caring for others.	Ten ten resources LKS2 Module 3 Unit 2
Week 4 When things feel bad	Recognise bullying and abuse	Module 2 Unit 2 Session 2
Week 5: Money matters	All forms of money have advantages and disadvantages. Our attitude to money and choices about spending, saving and giving impacts on ourselves and others.	Module 3 Unit 2
Week 6: Money matters and classroom shorts.	Budgeting helps to keep track of spending and saving. Our faith guides our values and reminds us of the importance of love for God and others.	Module 3 Unit 2

