

PSHE Medium Term Plan 2019-2020

Year 3.4

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| Autumn 1 Transition Relationships & Healthy relationships | Growth mindset |
| To recognise a wide variety of feelings in others. | Reflective |
| To be able to recognise a positive/healthy relationship. | Reflective |
| To be able to identify an unhealthy relationship (at home and school) and who to talk to for support. | Reflective |
| To know what physical contact is acceptable at different ages. | Inquisitive |
| To work as a team towards one goal. | Team player |
| To identify own strengths. | Reflective |

TenTen Module 1: Created and Loved by God UNIT 1 only

(1 week only 5x15mins)

- To know we have different relationships with different people (Inquisitive)

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| Autumn 2 Health and Wellbeing Safety and physical Health | Growth mindset |
| To know how I can keep myself safe (online & safety - recap from Y3) | Inquisitive |

TenTen Module 1: Created and Loved by God Units 2 and 4

(5 sessions)

- To know how to keep my own body safe
- To identify the responsibilities that come with growing older.
- To recognise simple changes in my body as I grow older.

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| Spring 1 Living in the wider world Money matters | Growth mindset |
| To know the role of money in ours and others lives and about being a critical consumer. | Inquisitive |
| To understand enterprise. | Inquisitive |
| To know the role money plays in ours and others lives. | Inquisitive |
| To understand how the media present information. | Inquisitive |

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| Spring 2 Relationships Feelings and emotions Valuing Difference | Growth mindset |
| To discuss why people might have stereotypes. | Reflective |
| To know how to respond to dares appropriately. | Reflective |
| To know what stereotype means | Reflective |

TenTen Module 1: Created and Loved by God Units 2 and 4

(3 sessions)

- To reflect on changes in feelings as I grow older. (Inquisitive)
- To think about how my friends feelings can change too. (Inquisitive)
- To know when it is ok to keep a secret.
- To know how bullying can affect others. (resilience)

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| Summer 1 Living in the wider world Rights and responsibilities | Growth mindset |
| To research and discuss topical issues concerning health and wellbeing. | Inquisitive |
| To know how rules and laws protect us. | Inquisitive |
| To solve differences by respecting others point of view. | Team Player |
| To know the varied institutions that support communities locally. | Inquisitive |
| To recognise similarities and differences in peoples cultures. | Reflective |

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| Summer 2 Health and Wellbeing Emotional and mental health (+ Transition for next class) | Growth mindset |
| To know what gives us positive mental and emotional health (mindfulness link) | Reflective |
| To know a range of positive strategies to cope with emotional / mental wellbeing. | Reflective |
| To deepen understanding of good and not good feelings including a wide range of vocabulary. | Reflective |
| To identify our own strengths and areas for improvement. | Reflective |
| To identify strengths and areas for improvement in others, and how to be constructive and respectful when sharing these. | Team Player |