

Ripponden J&I School
Medium Term Subject Overview for PSHE

Year 4	Weeks							
	1	2	3	4	5	6	7	8
Autumn 1	Health and Wellbeing – What strengths, skills and interests do we have? H27, H28, H29, L25							
	IIP	How to recognise personal qualities and individuality	To develop self-worth by identifying positive things about themselves and their achievements	How their personal attributes, strengths, skills and interests contribute to their self-esteem	How to set goals for themselves	How to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking		
Autumn 2	Relationships – How do we treat each other with respect? R19, R20, R21, R22, R25, R27, R29, R30, R31, H45, L2, L3, L10							
	How people's behaviour affects themselves and others, including online	How to model being polite and courteous in different situations and recognise the respectful behaviour they should receive in return	The relationship between rights & responsibilities	The right to privacy and how to recognise when a confidence or secret should be kept or not agreed to and when to tell (e.g. if someone is being upset or hurt)	The rights that children have and why it is important to protect these	Everyone should feel included, respected and not discriminated against; how to respond if they witness or experience exclusion, disrespect or discrimination	How to respond to aggressive or inappropriate behaviour (including online and unwanted physical contact) – how to report concerns	
Spring 1	Health and Wellbeing – How can we manage our feelings? H17, H18, H19, H20, H23							
	IIP	How everyday things can affect feelings	How feelings change over time and can be experienced at different levels of intensity	The importance of expressing feelings and how they can be expressed in different ways	How to respond proportionately to, and manage, feelings in different circumstances	Ways of managing feelings at times of loss, grief and change	How to access advice and support to help manage their own or others' feelings	

Spring 2	Health and Wellbeing – How can we help in an emergency?							
	H43, H44							
	How to carry out basic first aid including for burns, scalds, cuts, bleeds, choking, asthma attacks or allergic reactions	That if someone has experienced a head injury, they should not be moved	When it is appropriate to use first aid and the importance of seeking adult help	The importance of remaining calm in an emergency and providing clear information about what has happened to an adult or the emergency services				
Summer 1	Living in the Wider World – How can our choices make a difference to others and the environment?							
	L4, L5, L19, R34							
	IIP	How people have a shared responsibility to help protect the world around them	How everyday choices can affect the environment	How what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity)	The skills and vocabulary to share their thoughts, ideas and opinions in discussion about topical issues	How to show care and concern for others (people and animals)	How to carry out personal responsibilities in a caring and compassionate way	
Summer 2	Health and Wellbeing – How can we manage risk in different places?							
	H12, H37, H38, H41, H42, H47, R12, R15, R23, R24, R28, R29, L1, L5, L15							
	How to recognise, predict, assess and manage risk in different situations	How to keep safe in the local environment and less familiar locations	How people can be influenced by their peers' behaviour and by a desire for peer approval; how to manage this influence	How people's online actions can impact on other people	How to keep safe online, including managing requests for personal information and recognising what is appropriate to share or not share online	How to report concerns, including about inappropriate online content and contact	That rules, restrictions and laws exist to help people keep safe	