

**Year 3/4 PSHE Curriculum  
Cycle B**

Included in this Plan:

- Long Term Planning for Cycle B
- Key Vocabulary for Unit

Term One	Term Two	Term Three	Term Four	Term Five	Term Six
<u>Being Me in My World</u>	<u>Celebrating Difference</u>	<u>Dreams and Goals</u>	<u>Healthy Me</u>	<u>Relationships</u>	<u>Changing Me</u>
1) Becoming a class team 2) Being a school citizen 3) Right, responsibilities and democracy 4) Rewards and consequences 5) Our learning charter Owning our learning charter	1) Judging by appearances 2) Understanding influences 3) Understanding bullying 4) Problem solving 5) Special Me Celebrating difference: how we look	1) Hope and dreams 2) Broken dreams 3) Overcoming disappointment 4) Creating new dreams 5) Achieving goals We did it!	1) My friends and me 2) Group Dynamics 3) Smoking 4) Alcohol 5) Healthy friendships Celebrating my inner strength and assertiveness	1) Jealousy 2) Love and loss 3) Memories 4) Getting on and falling out 5) Relationships 6) Celebrating my relationships with people and animals	1) Unique me 2) Having a baby 3) Puberty 4) Circles of change 5) Accepting change <b>6) Looking ahead</b>

**Key Vocabulary for Unit**

Included	Character	On purpose	Dream	Friendships	Relationship	Sadness	Personal	Conception
Excluded	Assumption	Bystander	Hope	Emotions	Close	Pain	Unique	Circle
Welcome	Judgement	Witness	Goal	Healthy	Jealousy	Despair	Characteristics	Seasons
Valued	Surprised	Problem solve	Determination	Relationships	Problem-solve	Hopelessness	Parents	Change
Team	Different	Cyber	Perseverance	Friendship groups	Emotions	Relief	Sperm	Control
Charter	Appearance	bullying	Resilience	Value	Positive	Acceptance	Egg/ Ovum	Acceptance
Vocabulary	Accept	Text message	Positive Attitude	Smoking	Negative	Depression	Penis	Looking forward
Role	Influence	Website	Disappointment	Vaping	Loss	Relationships	Testicles	Excited
Job description	Opinion	Troll	Fears	Pressure	Attraction	Pressure	Vagina/	Nervous
School Community	Attitude	Special	Hurt	Peers	Shock	Personal	Vulva	Anxious
Responsibility	Bullying	Unique	Positive experiences	Guilt	Disbelief	Comfortable	Womb/	Happy
Rights	Friend	Different	Plans	Advice	Numb		Uterus	
Democracy	Secret	Characteristics	Cope	Alcohol	Denial		Ovaries	
Reward	Deliberate	s	Help	Liver	Anger		Making love	
Consequence		Physical	Self-belief	Disease	Guilt		Having sex	
Decisions		features	Motivation	Anxiety			Sexual	
Choices			Commitment	Fear			Intercourse	
UN Convention on Rights of Child			Team work	Believe			Fertilise	
Child			Enterprise	Assertive				
Democratic			Design	Opinion				
			Cooperation	Right				
				Wrong				

**Number of Lessons in Unit**

6	6	6	6	6	6
<b>Lesson 1</b> Becoming a class team Key Knowledge	<b>Lesson 1</b> Judging by appearances	<b>Lesson 1</b> Hopes and dreams	<b>Lesson 1</b> My friends and me	<b>Lesson 1</b> Jealousy	<b>Lesson 1</b> Unique Me
<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>
Included Excluded Welcome Valued Team Charter Vocabulary	Character Assumption Judgement Surprised Different Appearance Accept	Dream Hope Goal Determination Perseverance Resilience Positive Attitude	Friendships Emotions Healthy Relationships Friendship groups Value	Relationship Close Jealousy Problem-solve Emotions Positive Negative	Personal Unique Characteristics Parents
<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>
<ul style="list-style-type: none"> <li>Know that my attitude and actions make a difference to a class team</li> <li>Know that it feels good to be included in a group</li> <li>Know that it is an unhappy feeling to be excluded from a group</li> <li>Know that it is important for people to feel welcomed and valued</li> </ul>	<ul style="list-style-type: none"> <li>Know that sometimes we make assumptions based on what people look like</li> <li>Know that it is important to accept that everyone is different</li> </ul>	<ul style="list-style-type: none"> <li>Know that i am able to discuss my own hopes and dreams with another person</li> <li>Know that it is a good feeling to have hopes and dreams</li> </ul>	<ul style="list-style-type: none"> <li>Know that friendships are important</li> <li>Know that I have my own place within my friendship group</li> <li>Know that my feelings are valid within my friendship group</li> </ul>	<ul style="list-style-type: none"> <li>Know that there are situations which can cause jealousy in a relationship</li> <li>Know that I can identify feelings associated with jealousy</li> <li>Know that there are ways to problem solve in tricky situations</li> </ul>	<ul style="list-style-type: none"> <li>Know that some of my personal characteristics have come from my birth parents</li> <li>Know that a person is created from the joining of an egg and a sperm</li> <li>Know that I am a unique human being</li> </ul>
<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>
Included/excluded pictures – write words to sum up how the children are feeling. Pictures of games	Answer the 5 stem sentences	On a piece of mirror card or paper shaped like a leaf, invite the children to write or draw one their dreams and how this makes them feel.	Where do you know your friends from? <ul style="list-style-type: none"> <li>Do you like all of your friends in the same way?</li> <li>Do you like doing the same things with all of your friends?</li> <li>Do you see some friends only in certain situations/ places?</li> <li>Would you want to see all of your friends all of the time?</li> </ul> Friendship charts	Situation cards – sort into groups and write viewpoints	Puzzle templates Facts

Lesson 2 Being a school citizen	Lesson 2 Understanding influences	Lesson 2 Broken dreams	Lesson 2 Group dynamics	Lesson 2 Love and loss	Lesson 2 Having a baby
<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>
Role Job description School Community Responsibility	Assumption Influence Appearance Opinion Attitude Judgement	Dreams Goals Hopes Disappointment Fears Hurt Resilience	Friendship groups Roles Leader Follower Assertive Agree / disagree	Loss Strategy Shock Disbelief Numb Denial Anger Guilt Sadness Pain Despair Hopelessness Relief Acceptance Depression	Sperm Egg/ Ovum Penis Testicles Vagina/ Vulva
<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>
<ul style="list-style-type: none"> <li>Know that there are different roles in the school community such as teachers, pupils, governors, parents and careers</li> <li>Know that each role in the school community is important</li> <li>Know that my input into a group contributes to the overall outcome</li> </ul>	<ul style="list-style-type: none"> <li>Know that certain things can influence me to make assumptions</li> <li>Know that it is important to question why I think what I do about others</li> </ul>	<ul style="list-style-type: none"> <li>Know that sometimes hopes and dreams do not come true</li> <li>Know that if a hope or dream doesn't come true it can hurt</li> <li>Know that disappointment is a feeling you can have when something doesn't happen</li> </ul>	<ul style="list-style-type: none"> <li>Know that friendship groups can have people who take on the leader role or follower role</li> <li>Know that different people can have an impact on myself</li> <li>Know that I am able to recognise the people I most want to be friends with</li> </ul>	<ul style="list-style-type: none"> <li>Know that there are people that I love</li> <li>Know that there are reasons why people are special to me</li> <li>Know that it can be very upsetting when you lose someone or something you love</li> </ul>	<ul style="list-style-type: none"> <li>Know that there are internal and external parts of bodies that are necessary for making a baby</li> <li>Know that having a baby is a personal choice</li> <li>Know that your views may change over time on having children</li> </ul>
<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>
Role cards – Photos of children in role – Viewpoints on post-it-notes	Optical illusion, children's views.	6 group scenarios <ol style="list-style-type: none"> <li>How it might feel?</li> <li>What might the person do in that situation?</li> <li>How could they overcome the hurt that this situation might cause?</li> <li>How could they be more resilient?</li> </ol>	identify the different characteristics and roles the children in the scenarios have chosen?	<ol style="list-style-type: none"> <li>You have to move to a new school and leave your best friend behind</li> <li>A pet dies</li> <li>A grandparent dies</li> <li>You lose a special object that was given to you</li> <li>You lose a special piece of work that you</li> </ol>	Fact file about the physical features between humans

				<p>have spent a long time doing</p> <p>6. You lose your place in a sports team</p> <p>In groups ask the children to list all the different feelings they might feel in that situation</p>	
<b>Lesson 3</b> Rights, responsibilities and democracy	<b>Lesson 3</b> Understanding bullying	<b>Lesson 3</b> Overcoming disappointment	<b>Lesson 3</b> Smoking	<b>Lesson 3</b> Memories	<b>Lesson 3</b> Puberty
<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>
Rights Responsibilities Democracy	Bullying Friend Secret Deliberate On purpose Bystander Witness	Positive experiences Hopes Dreams Disappointment Hurt Goals Plans Cope Help Resilience	Smoking Vaping Pressure Peers Guilt Advice	Souvenir Memento Memorial Loss Memories Special Remember	Puberty Menstruation Periods
<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>
<ul style="list-style-type: none"> <li>Know that democracy works through the school council</li> <li>Know that it is important to share my opinion in whole class discussions</li> </ul>	<ul style="list-style-type: none"> <li>Know that sometimes bullying is hard to spot</li> <li>Know that the right actions to take when I think bullying is going on is to speak to a trusted adult</li> </ul>	<ul style="list-style-type: none"> <li>Know that reflecting on positive and happy experiences can help to counteract disappointment</li> <li>Know that it is important to try to cope with feeling disappointed</li> <li>Know that friends may need your support if they are feeling disappointed</li> </ul>	<ul style="list-style-type: none"> <li>Know that smoking has negative effects on health</li> <li>Know that people have reasons to start to smoke</li> <li>Know that people can put pressure on others to make them do things and this is not ok.</li> </ul>	<ul style="list-style-type: none"> <li>Know that memories of people I previously knew will be remembered</li> <li>Know that I am able to talk about people I no longer see</li> <li>Know that it is important to remember people, even if you no longer see them</li> </ul>	<ul style="list-style-type: none"> <li>Know that young human bodies change as they get older to make a baby</li> <li>Know that menstruation is a natural</li> <li>Know that strategies will be given to me to help cope with the physical and emotional changes I will experience during puberty</li> </ul>
<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>
Spot the difference UNCRC resource sheet	Discussion of Maya's story – answer the questions	Role play pictures and viewpoints on posit it notes	Do you think everyone starts smoking for the same reason? Where is the pressure coming from in each scenario? What might the people be feeling in each situation?	Give them the special challenge to create something to put inside Jaz's memory box to remember Tammy.	Menstruation cards – match pictures

			What are the roles of each person in the scenario? Can the people in the scenario choose their role? Can the situations be problem-solved assertively?		
<b>Lesson 4</b> Rewards and consequences	<b>Lesson 4</b> Problem solving	<b>Lesson 4</b> Creating new dreams	<b>Lesson 4</b> Alcohol	<b>Lesson 4</b> Getting on and falling out	<b>Lesson 4</b> Circles of change
<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>
Reward Consequence Democratic	Witness Bystander Bully Problem solve Cyber bullying Text message Website Troll	Resilience Self-belief Motivation Perseverance Determination Goal Dream Commitment	Alcohol Liver Disease	Friendships Negotiate Compromise Trust Loyalty Anger Betrayal Empathy	Circle Seasons Change Control
<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>
<ul style="list-style-type: none"> <li>Know that my actions affect myself and others</li> <li>Know that it is important to care about other people's feelings</li> <li>Know that empathising with someone can make them feel supported.</li> </ul>	<ul style="list-style-type: none"> <li>Know that witnesses sometimes join in with bullying</li> <li>Know that witnesses may see bullying but not tell an adult</li> <li>Know that it is important to problem solve a bullying situation</li> </ul>	<ul style="list-style-type: none"> <li>Know that it is important to plan and set new goals if I have been disappointed</li> <li>Know that it is important to be resilient and have a positive attitude</li> </ul>	<ul style="list-style-type: none"> <li>Know that alcohol can have effects on someone's health</li> <li>Know that alcohol can affect the liver</li> <li>Know that peer pressure can come into play negatively in situations</li> </ul>	<ul style="list-style-type: none"> <li>Know that I can recognise how friendships change</li> <li>Know that it is important to make new friends</li> <li>Know that there are ways to manage situations when I fall out with my friends</li> <li>Know how to stand up for myself appropriately</li> </ul>	<ul style="list-style-type: none"> <li>Know that the circle of change works and can apply it to changes I want to make in my life</li> <li>Know that I am confident enough to try to make changes</li> </ul>
<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>
Freeze frame photos Top rewards and top consequence	Key messages about bullying Design a poster about internet safety	Dream cloud resource sheet	write an extra verse for the Jigsaw song 'Make a good decision' about how children can resist pressure to try things if they don't want to, like drugs and alcohol.	Share scenarios and thoughts and ideas on how to address them	Circle of change template
<b>Lesson 5</b> Our learning charter	<b>Lesson 5</b> Special Me	<b>Lesson 5</b> Achieving goals	<b>Lesson 5</b> Healthy friendships	<b>Lesson 5</b> Relationships	<b>Lesson 5</b> Accepting change

<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>
Decisions Rights Responsibilities Voting Democracy Authority Learning Charter Role Contribution Observer	Special Unique Different Characteristics Physical features	Goal Team work Enterprise Design Cooperation	Pressure Peers Anxiety Fear	Relationships Attraction Pressure Personal Comfortable	Range of emotions - see emotions card resource Control Change Acceptance
<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>
<ul style="list-style-type: none"> <li>Know that groups come together to talk and make decisions, big or small</li> <li>Know that it is important to contribute in group discussions</li> </ul>	<ul style="list-style-type: none"> <li>Know that I can identify what is special about myself</li> <li>Know that I can value the ways in which I am unique</li> <li>Know that it is important to like and respect your own unique features</li> </ul>	<ul style="list-style-type: none"> <li>Know that steps can be taken to achieve a goal</li> <li>Know that team work can help you to successfully complete a goal</li> <li>Know that it is important to be involved in part of a team</li> </ul>	<ul style="list-style-type: none"> <li>Know that I can recognise when people are putting me under pressure</li> <li>Know that there are ways to resist this when I want</li> <li>Know that I can identify anxiety and fear associated with peer pressure</li> </ul>	<ul style="list-style-type: none"> <li>Know that relationships have different names</li> <li>Know that relationships are special and personal</li> <li>Know that you should never feel pressured in a relationship</li> </ul>	<ul style="list-style-type: none"> <li>Know that I can identify changes that have been and may continue to be outside of my control</li> <li>Know that I can express my fears and concerns</li> <li>Know that there are ways to manage concerns positively</li> </ul>
<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>
Children to work in groups to create a poster that could be used to remind the children in the scenario about how to be an effective team.	Two coloured strips of paper 'I am special because...' for each child Class photo	Potato person identity card template	Features of a 'healthy' (positive) friendship and in the other column, the features of an 'unhealthy' (negative) relationship	Children to look at the list and talk about which of these behaviours is appropriate or inappropriate for children of their age.	Children to share their ideas and help them to understand that changes that are outside of our control often cause us fear or anxiety. Ask the children to return to their lists and discuss how they managed to cope with these change
<b>Lesson 6</b> Owning our learning charter	<b>Lesson 6</b> Celebrating difference: how we look	<b>Lesson 6</b> We did it!	<b>Lesson 6</b> Celebrating my inner strength and assertiveness	<b>Lesson 6</b> Celebrating my relationships with people and animals	<b>Lesson 6</b> Looking ahead
<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>	<b>Key Vocabulary</b>
Decisions Choices Democracy UN Convention on Rights of Child Learning Charter	Impression Changed Judgement Assumption Influence Special	Resilience Positive attitude Review Disappointment Learning Strengths	Believe Assertive Opinion Right Wrong	Special Love Appreciation Symbol Care	Change Looking forward Excited Nervous Anxious Happy

	Different Accept	Success Celebrate Evaluate			
<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>	<b>Key Knowledge</b>
<ul style="list-style-type: none"> <li>Know that democracy and having a voice benefits the school community</li> <li>Know that a learning charter can benefit the school community</li> </ul>	<ul style="list-style-type: none"> <li>Know that my first impressions of people can change overtime</li> <li>Know that it is important to explain why it is good to accept people for who they are</li> </ul>	<ul style="list-style-type: none"> <li>Know that I can identify my own contributions</li> <li>Know that I can recognise my groups achievements</li> <li>Know that successes are important to be shared</li> </ul>	<ul style="list-style-type: none"> <li>Know that I understand myself well enough to have a clear picture of what I believe is right and wrong</li> <li>Know that I can use my inner strength to be assertive</li> </ul>	<ul style="list-style-type: none"> <li>Know that it is important to show love and appreciation to the people and animals who are special to me</li> <li>Know that you can love an animal in a similar way you love a human</li> <li>Know that I can love and be loved</li> </ul>	<ul style="list-style-type: none"> <li>Know that I can identify what I am looking forward to when I move to a new class</li> <li>Know that reflection from the previous year will help me to make changes to my next.</li> </ul>
<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>	<b>Class Book</b>
Finish posters – use prompt questions to extend the children's thinking.	Red and blue spectacle resource sheet	Debate – photos – record important topics	Define the word assertive - Ella May scenario What advice could you give?	Mini-collage to represent the person they thought about using their ideas.	End of jigsaw journey piece- jigsaw puzzle
All lessons need access to the Jigsaw Scheme, each lesson is planned out and has resources attached					