



# Shadsworth Junior School



## Curriculum

### Year 4 Scheme of Work

Term: Spring 1

Topic: PSHE

#### Key Skills and Knowledge:

##### Changing me

- I understand that some of my personal characteristics have come from my birth parents.
- I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen.
- I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies.
- I can identify how boys' and girls' bodies change on the outside and the inside during this growing up process.
- I recognise how I feel about these changes happening to me and know how to cope with those feelings.
- I know how the circle of changes works and can apply it to changes I want to make in my life.
- I am confident enough to try and make changes when I think they will benefit me.
- I can identify changes that have been and may continue to be outside of my control that I learnt to accept.
- I can identify what I am Looking forward to when I move to a new class.
- I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively.
- I can reflect on the changes I would like to make next year and can describe how to go about this.

#### Reading and Writing Opportunities (Long and Short Activities)

##### Creative Ideas and Hooks

- Looking at a picture of a mum and dad, children draw what a child may look like when inheriting half the genetic information from the mum and the other half from the dad.
- Identify the ways in which boys and girls bodies change in puberty. Identify worries and address these.
- Introduce idea of the circle of change. Children design their own circle of change for a change they would like to implement over the next year.
- List changes they have already experienced in their life and identify how it felt and they handled them.
- Identify changes that are coming in the next year and how they will handle it.

#### Links to PSHCE, Equality and British Values Work

Mutual Respect – Understanding that change can be difficult for others and myself.

Individual liberty – Identifying how they coped with change in the past and making decisions about how they will cope with future change.

Tolerance of others beliefs – Listening to another person's point of view.

Democracy – Evaluating choices that they made when handling change.

##### Key Vocabulary:

##### Resources Available / Visits/Visitors

##### Useful Websites:

Personal Acceptance  
 Unique Change  
 Control Characteristics  
 Parents puberty  
 Circle male  
 Seasons female

Jigsaw PSHE Scheme

[www.jigsawpshe.com](http://www.jigsawpshe.com)

##### Previous Knowledge

To name some ways boys and girls bodies can change on the inside and outside as they grow up.

To name something that they like about growing up and something that worries them.