



Curriculum

Year 4 Scheme of Work

Term: Spring 2

Topic: PSHE

Key Skills and Knowledge:

Healthy Me

- I can tell you how I would say 'no' if someone tries to make me do something that I know is wrong or bad for me.
- I can say how it feels when someone else is pushing me to do something.
- I can recognise when people are putting me under pressure and can explain ways to resist this when I want to.
- I can identify feelings of anxiety and fear associated with peer pressure
- I can problem-solve and identify a variety of strategies in different situations where I may experience peer pressure.
- I can identify feelings of anxiety and fear associated with peer pressure and I can manage these to help me make safe and healthy choices.

Reading and Writing Opportunities (Long and Short Activities)

Creative Ideas and Hooks

- Create a friendship chart; identifying which relationships they value the most.
- Read different scenarios and as a group identify examples of peer pressure and how problems could be resolved by being more assertive.
- Discuss the role peer pressure plays in smoking by considering different scenarios.
- Write a new verse for a song to discourage children to give in to peer pressure.
- In groups identify and record the features of a positive, healthy friendship and a negative relationship.
- Write instructions for how to be more assertive.

Links to PSHCE, Equality and British Values Work

Mutual Respect – Working together to discuss scenarios. Thinking how it feels to be pressurised by peers.
 Individual liberty – Identifying healthier choices for themselves, discussing their own ideas/scenarios around keeping themselves safe.

Democracy - Making choices for themselves and being assertive with their peers if they choose to make different choices them.

Tolerance of different beliefs – listening respectfully to other children's ideas.

Key Vocabulary:

Resources Available / Visits/Visitors

Useful Websites:

Perseverance
 Challenges
 Success
 Obstacles
 Dreams
 Goals
 Ambitions
 Future
 Aspirations
 Team work
 Co-operation
 Solve-it together technique

Jigsaw PSHE Scheme

www.jigsawpshe.com

Previous Knowledge

To name some things they need to keep safe from and ways to stay healthy.

To know who can help if they feel unsafe or unwell.