Shadsworth Junior School

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 explain why persistence in asking for help matters and suggest different people or ways to get support if my first attempt doesn't work.
- I know that I can keep asking for help if I am still worried.
- I can explain why it is important to keep telling a trusted adult if I am worried, even if nothing changes at first
- 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.
- Discuss the role peer pressure plays in unsafe behaviours looking at different scenarios.
- Discuss the role peer pressure plays in smoking and vaping by considering different scenarios.
- Identify changes in our body when feeling pressured to do something and role play what to say in these situations.
- 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:
Friendships Emotions Healthy Relationships Friendship groups Assertive Agree/disagree Smoking Vaping Pressure Peers Alcohol Liver Guilt Anxiety	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.