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 appreciate that I am a truly unique human being.
- 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

- Children present in a way they choose what makes them unique.
- Identify the ways in which boys and girls bodies change during 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 Unique Control Parents Circle Seasons Acceptance Change Characteristics puberty male female	Jigsaw PSHE Scheme	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.