

PSHE Matters Curriculum Coverage: Year 3 and Year 4

Expected Vocabulary and Curriculum Objectives.

Cycle A	Curriculum Objective	Vocab
Being Healthy / Autumn One Core Theme: Health and Wellbeing: H1, H2, H3, H4, H6, H7, H8, H9, H11, H12, H13, H16	H1- Identifying what affects their physical/mental health. H2- Understanding what a balanced, healthy lifestyle means. H3- Understanding what might influence our choices. H4- Recognising that habits can have both positive/negative effects on a healthy lifestyle. H6- Explaining what constitutes a healthy diet. H7- Recognising opportunities to be physically active. H8- Understanding routines that support good quality sleep. H9- Identifying hygiene routines that can limit the spread of infection. H11- Talking about how to maintain good mouth hygiene. H12- Understanding the benefits/risks of sun exposure. H13- Identifying strategies for managing/balancing time online/offline. H16- Recognising behaviours that support good mental health.	Energy, repairs, sad, happy, excited, angry, frustrated, calm, tired, balanced diet, relax, physical activity , target, germs, health and wellbeing
Relationships / Autumn Two Core Theme: Relationships: R1, R6, R7, R8, R10, R11, R14, R16, R17 Protected characteristics covered: age, race, religion or beliefs, being married or in civil partnership, sexual orientation, sex	R1- Recognising that there are different types of relationships. R6- Recognising the different ways people care for each other. R7- Recognising and respecting that there are different family structures. R8- Recognising the characteristics of healthy family life. R10- Identifying the strategies to build positive friendships and how friendship can support wellbeing. R11- Identifying what constitutes a positive healthy friendship. R14- Comparing the difference between healthy/unhealthy friendships. R16- Understanding the benefits of having different types of friends. R27- Recognising the risks associated with keeping a secret.	Friendship, behaviour, rejected, disagreements
Exploring Emotions / Spring One Core Theme: Health and Wellbeing: H15, H16, H17, H18, H19, H20, H21, H24	H15- Recognising the importance of taking care of mental health. H16- Identifying strategies and behaviours that support mental health. H17- Recognising feelings can change over time and range in intensity. H18- Identifying the everyday things that affect feelings and the importance of expressing how we feel. H19- Using a varied vocabulary when talking about feelings and how we can express feelings in different ways. H20- Identifying strategies that they could use to respond to feelings. H21- Identifying how to seek support for themselves and others. H24- Identifying strategies for dealing with emotions.	Emotions , happy, scared, lonely, excited, frustrated, anger, express , feelings, sorry, affected, warmth and love, kind, happy, anxious, upset
Difference and Diversity / Spring Two Core Themes: Relationships: R31, R32, R34 Living in the Wider World: L9, L10 Health and Wellbeing: H25, H27 Protected characteristics covered:	R31- Recognising the importance of self-respect and how to respect others. R32- Respecting and recognising the differences and similarities between people. R34- Debating topical issues, respecting other people's points of view/constructively challenging those they disagree with. L9- Understanding and challenging stereotypes. L10- Recognising behaviours/actions which discriminate against others. H25- Identifying what contributes to who we are. H27- Recognising their individuality and personal qualities.	Same/ similar, different, equal, diversity, role model, inclusive

race, religion or belief, being married or in civil partnerships, sex, sexual orientation, gender reassignment, disability		
<p>Bullying Matters / Summer One</p> <p>Core Theme: Relationships R13, R17, R18, R19, R20, R21, R30</p> <p>Protected characteristics covered: race, disability, sexual orientation, sex</p>	<p>R13- Recognising the importance of seeking support if feeling lonely or exhausted. R17- Identifying positive strategies that may help to resolve disputes in friendships. R18- Recognising if a friendship (online or offline) is making them feel unsafe or uncomfortable. R19- Recognising the impact of bullying and the consequences of hurtful behaviour. R20- Suggesting strategies to respond to hurtful behaviour. R21- Discussing what discrimination means and how to challenge it. R30- Recognising that our own behaviour can affect other people.</p>	<p>Bullying, cyberbullying, opposite, kindness, unkind, STOP (Several Times on Purpose), START (Start Telling and Reporting Trouble)</p>
<p>RSHE Week/ Summer Two (Year 4 only)</p> <p>Clued Up for Growing Up</p> <p>Core Themes: Health and Wellbeing: H14, H17, H18, H19, H20, H30, H31, H34, H35, H37, H38, H41 Relationships: R 32 Living in the Wider World: L1, L2 and L3</p>	<ul style="list-style-type: none"> to recognise increasing responsibilities as children develop into adults to explore the human life cycle to explore the physical changes in puberty to explore the emotional changes in puberty 	<p>penis, vagina, pregnant womb, testicles, appropriate touch, breasts, genitals, foetus, anus</p> <p>puberty, pubic hair, period egg/ovum, ovaries, ovulation</p>
<p>Changes / Summer Two (Year 3 only)</p> <p>Core Theme: Health and Wellbeing: H17, H18, H19, H21, H23, H24, H36</p>	<p>H17- Recognising that feelings can change over time, and range in intensity. H18- Identifying the everyday things that affect feelings, and the importance of expressing how we feel. H19- Using a varied vocabulary when talking about feelings. H21- Recognising the signs when someone may be struggling and understand how to seek support. H23- Discussing change and loss, and how these can affect feelings, thoughts and behaviours. H24- Identifying strategies for dealing with emotions, challenges and change. H36- Identifying strategies to manage transitions between classes and key stages.</p>	<p>Comfortable, uncomfortable, positive, difficult, conflicting emotions, supportive, struggling, death</p>
Cycle B		
<p>Being Me / Autumn One</p> <p>Core Themes: Living in the Wider World: L6, L7, L8, L10, L25 Relationships: R30, R32, R33 Health and Wellbeing: H25</p> <p>Protected characteristics covered: age, race, religion or belief, sex, sexual orientation, disability</p>	<p>L6- Identifying the different groups that make up their community. L7- Identifying the different contributions that people/groups make to the community. L8- Explore diversity: what it means; the benefits of living in a diverse community. L10- Recognising behaviours/actions which discriminate against others. L25- Recognising positive things about themselves/achievements. H25- Identifying what contributes to who we are. R30- Recognising that our own behaviour can affect other people. R32- Recognising the differences and similarities between people. R33- Listening to and responding respectfully to a wide range of people.</p>	<p>Personality, attitudes, interests, culture, beliefs, clones, proud, sense of belonging, race, gender, sex, interests, style, aspirations, important, responsibilities, community, symbol</p>
<p>Being Responsible/ Autumn Two</p> <p>Core Theme: Living in the Wider World: L1, L2, L4, L5</p>	<p>L1- Recognising reasons for rules and laws; consequences oh not adhering to rules and laws. L2- Recognising there are human rights, that are there to protect everyone. L3- Understanding the relationships between rights and responsibilities. L4- Identifying the importance of having compassion towards others. Explaining how to show care/concern.</p>	<p>Rules, consequences, fair, being kind, parliament, recycled, reuse, reduce</p>

Protected characteristics covered: all	L5- Identifying ways of protecting the environment in school and at home. Understanding how everyday choices can affect the environment.	
Drug Education/ Spring One Core Theme: Health and Wellbeing: H4, H10, H38, H39, H40, H41, H44, H46	H4- Recognising that habits can have both positive/negative effects on a healthy lifestyle. H10- Understanding how medicines, when used responsibly, contribute to health. H38- Identifying how to predict, assess and manage risk. H39- Understanding what hazards may cause harm or risk and what they can do to reduce risks/keep safe. H40- Understanding the importance of taking medicines correctly and using household products safely. H41- Identifying strategies for keeping safe. H44- How to respond and react in an emergency situation. H46- Learning about the risks and effects of legal drugs common to everyday life.	Allergies, diabetes, insulin, monitor, medicine bottle, confectionary, inhaler, e-cigarette, cleaning agents, energy drink, vitamins, alcohol, misused, consequence, risk , syringe.
Being Safe / Spring Two Core Themes: Health and Wellbeing: H13, H37, H39, H41, H42, H43, H44 Relationships: R12, R22, R23, R23, R25, R26, R28 Living in the Wider World: L11, L12, L13, L14, L15, L16	H13- Identifying strategies for balancing time online/offline. H37- Identifying reasons for following age regulations and restrictions. R12/H38- Identifying how to predict, assess and manage risk in different situations. H39- Understanding what they can do to reduce risks and keep safe. H41- Identifying strategies for keeping safe in the local environment. H42- Identifying strategies for keeping safe online. H43- Demonstrating basic techniques for dealing with common injuries. H44- Understanding how to respond in an emergency situation. R22- Understanding privacy and personal boundaries. R23/R24- Recognising online risks. R25- Recognising acceptable/unacceptable physical contact. R26- Understanding about seeking and giving permission. R28- Recognising pressure from others. L11-L16- Recognising ways in which the internet and social media can be used both positively/negatively.	Green Cross Code, hazards , appropriate touching, consent, persisting, unfriend, block, report , avoid, support , comfort
Money Matters / Summer One Core Theme: Living in the Wider World: L17, L18, L19, L20, L21, L24, L30	L17- Understanding the different ways to pay for things. L18- Identifying that people's attitudes towards saving/spending is different. L19- Recognising that people's spending decisions can affect others and the environment. L20- Recognising that people make spending decisions based on needs and wants. L21- Recognising different ways of keeping track of money. L24- Identifying the ways that money can impact on people's feelings. L30- Identifying some of the skills that may help them in their future careers.	Earn, job, skills, important, interest, loan, debt, tax, enterprise , spend, save, donate, fundraising, charity
RSHE Week/ Summer Two (Year 4 only) Clued Up for Growing Up Core Themes: Health and Wellbeing: H14, H17, H18, H19, H20, H30, H31, H34, H35, H37, H38, H41 Relationships: R 32 Living in the Wider World: L1, L2 and L3	<ul style="list-style-type: none"> to recognise increasing responsibilities as children develop into adults to explore the human life cycle to explore the physical changes in puberty to explore the emotional changes in puberty	penis, vagina, pregnant womb, testicles, appropriate touch, breasts, genitals, foetus, anus puberty, pubic hair, period egg/ovum, ovaries, ovulation
Growing Up / Summer Two (Year 3 only) Core Themes:	H9- Understanding that everyday hygiene routines can limit the spread of infection. H25- Identifying what contributes to who we are. H27- Recognising their individuality and personal qualities.	Womb, breast, umbilical cord, ovaries, testicles, puberty, period, sanitary towels , aspirations,

<p>Health and Wellbeing: H9, H25, H27, H28, H30, H31, H32, H33</p> <p>Living in the Wider World: L9</p> <p>Relationships: R22, R26, R29</p> <p>Protected characteristics covered: age, being pregnant or on maternity leave, religion or belief, sex, sexual orientation</p>	<p>H28- Identifying personal strengths, skills, achievements and interests.</p> <p>H30- Identifying the external genitalia and internal reproductive organs and how the process of puberty relates to human reproduction.</p> <p>H31- Identifying the physical and emotional changes that happen when approaching/during puberty.</p> <p>H32- Identifying the importance of keeping clean and how to maintain personal hygiene.</p> <p>H33- Understanding the human life cycle.</p> <p>R22- Understanding privacy and personal boundaries.</p> <p>R26- Recognising what seeking and giving permission (consent) means.</p> <p>R29- Explaining where to get advice or report concerns if worried.</p> <ul style="list-style-type: none"> • L9- Learning about stereotypes. 	<p>diversity, young, teenager, foetus, personal hygiene, sweat, odour, positive qualities, physical appearance</p>
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