



St Anthony of Padua Catholic Primary School Long Term Plan
PSHE/RSHE Medium Term Plan – Year 4

Term	Topic	Lessons	Resources
Autumn Term Relationships	Family and Friendships Positive friendships, including online	Lesson 1 – Our class and Class Rules.	PSHE Association Resource
		Lesson 2 – Friendship Changes.	
		Lesson 3 - Keeping Secrets and Making Friends.	
		Lesson 4 – Making New Friends.	
		Lesson 5 – Healthy and Unhealthy Relationships.	
	Safe Relationships Responding to hurtful behaviour; managing confidentiality	Lesson 1 – To recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others in school and in wider society; strategies to improve or support courteous, respectful relationships.	Twinkl – Be Yourself
		Lesson 2 – To learn the importance of seeking support if feeling lonely or excluded.	
		Lesson 3 – To learn strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations.	
		Lesson 4 – To learn strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others.	
		Lesson 5 - I know that telling a trusted adult about my worries is helpful. I understand there are thoughts and feelings that might make telling a trusted adult feel more difficult, but I should keep trying until I am heard.	
Respecting ourselves and others Respecting differences and similarities; discussing difference sensitively	Lesson 1 - To learn about the value of friendships.	PSHE Association Resource	
	Lesson 2 - To learn about the challenges that friendships can face.		
	Lesson 3 - To learn how to respond to bullying and hurtful behaviour.		
Spring Term Living	Belonging to a community What makes a community	Lesson 1 – To learn about the relationship between rights and responsibilities. -To learn about the different groups that make up their community; what living in a community means.	Twinkl – Diverse Britian



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		<p>-To learn about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities.</p> <p>Lesson 2 – To recognise there are human rights, that are there to protect everyone. -To learn about the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others. -To value the different contributions that people and groups make to the community.</p> <p>Lesson 3 – To recognise reasons for rules and laws; consequences of not adhering to rules and laws. -To learn about the relationship between rights and responsibilities.</p> <p>Lesson 4 – To recognise there are human rights, that are there to protect everyone. -To learn about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes.</p> <p>Lesson 5 – To learn about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities. -To learn about prejudice; how to recognise behaviours/ actions which discriminate against others; ways of responding to it if witnessed or experienced.</p>	
	<p>Media Literacy and Digital Resilience</p> <p>Taught during computing lessons using the Knowsley CLC scheme of work</p>	<p>Lesson 1 - What is your Online Identity?</p> <p>Lesson 2 - Can you control your own online reputation?</p> <p>Lesson 3 - How do you build safe online relationships?</p> <p>Lesson 4 - What can you do to stop online bullies?</p> <p>Lesson 5 - How do you interpret online information? What does it mean for your own online profiles?</p> <p>Lesson 6 - How can you ensure technology does not take over your life?</p>	<p>Knowsley CLC Computing Planning</p>



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		Lesson 7 - How can you protect your online information and accounts?	
		Lesson 8 - Who owns content online?	
	Money and work Making decisions about money; using and keeping money safe	Lesson 1 - To learn about the role money plays in people's lives.	PSHE Association Resource
		Lesson 2 - To learn that decisions can be made about spending money based on budget, value, and needs.	
Summer Term Health and Wellbeing	Physical health and Mental wellbeing	Lesson 1 - To learn about the importance of regular, physical activity.	PSHE Association Resource
	Maintaining a balanced lifestyle; oral hygiene and dental care	Lesson 2 - To learn about strategies to maintain a balanced lifestyle.	
		Lesson 3- To learn about the importance of dental health routines	
	Growing and changing Taught throughout the year – Journey in Love	Whole Unit - Children know and understand that they are all different and celebrate these difference as they appreciate that God's love accepts us as we are and as we change.	Journey in Love Resource – Taught throughout the year
	One lesson will be taught each term		
	Keeping safe	Lesson 1 - To learn about the safe use of medicines and household products.	PSHE Association Resource
Medicines and household products; drugs common to everyday life	Lesson 2 - To learn that caffeine, cigarettes, e-cigarettes/vaping and alcohol can affect people's health.		