

# PSHE Curriculum

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Churchfields Primary School

# Guidance

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- Each year group has 3 documents - the crucial knowledge, key vocabulary and lesson content.
- The crucial knowledge is what we want all children to know and to be able to talk about.
- The lesson content outlines what should be talked about in class during the unit. This is where we demonstrate most progression throughout year groups. For example, all children should know that 'We should treat each other with respect'. However, when asked to talk about it, we would want Y1 children to be talking about being kind and sharing, whereas with Y6 we would want the children to be talking about resolving conflict in different ways and how we should demonstrate kindness to all, regardless of differences such as gender, race or religion.

# Guidance

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- Combine as many lesson content statements into one lesson as you feel is appropriate. Many of them lend themselves to being taught side by side.
- Teach the content in whichever order suits your class and spend as long on any particular crucial knowledge statement as you need to. A class that knows to tell an adult if they're uncomfortable but treat each other with disrespect will need more time talking about kindness and less time talking about telling an adult.

# Autumn

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Relationships

*Year 4*

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# Crucial Knowledge

## Families and Friendships

Families are all different.  
Sometimes we argue with loved ones and that is okay.  
Our relationships aren't all the same.

## Safe Relationships

We have private parts of our body.  
We have the right to say no to anything that makes us uncomfortable.  
We should talk to a grown up we trust if we feel uncomfortable or unsafe.  
We don't have to keep secrets if they make us sad or uncomfortable.  
Bullying is purposefully upsetting someone over and over again.

## Respecting Ourselves and Others

We should treat others with respect.  
We should be treated with respect.  
The way we behave effects others.

# Lesson Content - Y4

## Families and Friendships

We have different types of **relationships** with different people.

**Trust, respect** and kindness make a good friendship

We don't have to have all the same **interests** to be friends with someone.

A healthy **relationship** needs to be fair - it should never be one person doing all the giving and the other person taking.

## Respecting Ourselves and Others

Everyone is different, people have different backgrounds, **faiths, genders** and **sexual orientations**.

When talking about our **beliefs** and **ideas** with others we should take care to speak respectfully and learn the correct vocabulary to express our thoughts.

People also have **similarities**. We may have the same likes and dislikes, the same **values** or **aspirations**.

# Lesson Content - Y4

## Safe Relationships

You should talk to an adult you trust if you are being bullied or are worried about someone else being bullied either face to face or online.

Bullying can take many forms verbal, physical, emotional and cyber.

Anyone can be a victim of bullying and it can happen at any age.

There are usually witnesses (people who have seen) to bullying.

Victims of bullying need support.

Bullies also need help to change their behaviour.

Please recap any topic from previous years if the children are demonstrating that they need reminding.

Recap Y3 Relationships during recap week.

# Key Vocabulary - Y4

## Families and Friendships

Relationships - the bond that forms between two people.

## Respecting Ourselves and Others

Faith - what people believe in.

Gender - male or female

Sexual orientation - whether you fall in love with boys, girls, neither or both.

## Safe Relationships

Verbal bullying - using words to purposefully, repetitively upset someone

Physical bullying - using your body or other objects to purposefully, repetitively hurt someone

Emotional bullying - repetitively, purposefully hurting causing someone negative emotions by saying things about them to others and influencing their relationships with others.

Cyber bullying - repetitively, purposefully upsetting someone by saying things about them or saying things to them using technology.