

PSHRE (Cycle A) | Years 3 & 4 | 2024-25

Citizenship

What are human rights?

How does reusing items benefit the environment?

What roles do groups play in the wider community?

What contribution do groups make to a community?

Why should diversity in a community be valued?

What is the role of local government?

Economic Wellbeing

What is value for money?

Why is it important to keep track of money?

What different ways are there to keep track of money?

What influences career choices?

Why make a career change?

How can workplace stereotypes be challenged?

Safety and the changing body

How do age restrictions help us stay safe online?

How can you help someone with asthma?(first aid)

What is the difference between secrets and surprises?

How do we change from children to adults?

What are the risks of smoking?

Family and Relationships

What does a healthy friendship look like?

How does my behaviour affect others?

How does bullying impact people?

Are we influenced by gender stereotypes?

Are there other form of stereotypes?

Are all families the same?

How can we support change and loss?

Health and Wellbeing

What does relaxation feel like?

How can we develop a growth mindset and understand that mistakes are useful?

Can I identify my own strengths and begin to see how they can affect others?

Can I learn how to take responsibility for my own happiness?

Can I begin to understand a range of emotions?

What is mental health and who can help if I need it?

Transitions

What ground rules should we set for PSHRE lessons? – start of year.

How can we prepare for and deal with change? – end of year.

Key Learning:

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| 1 | Why do we have age restrictions online? Children will understand that age restrictions are designed to protect people online. |
| 2 | How do we share safely online? Children will evaluate the risks and benefits to sharing material online. |
| 3 | How can we help someone with Asthma? First aid – how to help and support someone with asthma |
| 4 | What is the difference between privacy and secrecy? Children will develop an understanding of privacy and the difference between secrets and surprises. |
| 5 | What will I be like when I am an adult? Children discuss how we change from childhood to adulthood – imagine what they will be like as an adult. |
| 6 | What are the risks of smoking? – Children will understand the risks of smoking and the benefits of not smoking. (Taught through the Life Education Visit) |