

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 | What is value for money? To recognise factors influencing value for money, is something worth the price being asked? |
| 2 | Why do we keep track of money? To recognise why we need to keep track of our money including overspending and how we can get into debt. |
| 3 | How can we look after money? To identify different ways to look after money and compare the safety of these. |
| 4 | What influences career choices? Looking at what are the influences and how important are each one in determining a career choice. |
| 5 | Why do people make a career change? To explain why people may have more than 1 career in their life and what made them decide to change. |
| 6 | How can workplace stereotypes be challenged? Identifying stereotypes in the workplace and understanding how we can challenge them. |