

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:

- 1 What are human rights? Explore the human rights convention and how these apply to everyone.
- 2 How can we care for our environment? How recycling and reusing are good for our environment and the whole planet. What can we do to help?
- 3 What is a community? To learn about the role of groups in the wider community. How can we contribute to our local community groups?
- 4 Diverse communities – learn the benefits of living in a diverse community. What can we learn from each other? Showing tolerance and respect towards others in our community.
- 5 What is the role of our local government? Finding out about the role local government plays in our community.