

YEAR 4

AUTUMN 1

Long Meadow School PSHE Knowledge Organiser for:

The core theme: Relationships

The focus of the unit is: Safe relationships and understanding positive relationships



Key Knowledge

Zones of regulation- Think about how you feel at different times such as lunchtime home time or at the start of the day. What steps you take to regulate how you feel and act if you have big emotions such as frustration anger or excitement? The Zones of Regulation display in class can help you reflect on whether you need further support or a change of strategy to improve how you manage day to day. Talk to a trusted adult if you need more help with this.

Having a good friend – How can you make new friends? What would you like to see from someone when deciding if they are a good friend or not?

Supporting those who are your friends and being supported-

Sometimes, even someone who you have thought of as a great friend can make a mistake, upset you or leave you feeling let down. There are ways to sort out problems with your friends and it is important to know what options you have and what you can choose to do.

Respect your differences- Even our best friends are very different from us! No matter whether they are your friend, best friend or someone you have just met, you must be respectful of one another's differences.

Useful sites

What is equality? <https://www.bbc.co.uk/newsround/av/42925824>

Unicef





<https://www.unicef.org/>

Action Aid

<https://www.actionaid.org.uk/>



Vocabulary

Words	Image	Meaning
Emotions		The feelings that all humans have inside of us. These are ever present and can grow in strength or get smaller in different situations. Our emotions often lead us to act a certain way or say certain things involuntarily (without thinking about it; it can happen very quickly).
Support		A supportive friend is someone who understands who you are and what you need. You will quickly learn that they will be with you through thick and thin. You both will go through some tough times and some very good times. However, a simple thing such as a fight isn't going to hold you two back from a healthy friendship.
Differences		We are all different from one another, even if we have many, many similarities! Recognising differences, understanding their significance, and responding with interest, politeness and care is the best way to be respectful of others.
Values		When talking about values in PSHE, this refers to the importance of acts or systems that help us to live and work together. These values can include justice, freedom, respect, community, and responsibility.

Progression of learning:

Before:

Now:

Next:

YEAR 4
AUTUMN 2

Long Meadow School PSHE Knowledge Organiser for:
The core theme: Relationships
The focus of the unit is: Safe relationships and understanding positive relationships



Key Knowledge

Teasing, being unkind and bullying:

There are differences between playful teasing, hurtful behaviour and bullying. We can report any time that we see or experience hurtful behaviour or bullying. There are differences between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable.

Teasing can be playful and fun when done in the right spirit. Families often like to engage in playful teasing like tickling, gentle mocking or calling each other silly names.

Good or bad?

Teasing that has good, positive results (i.e., making people laugh and relieving stress in a social situation) can be considered appropriate teasing.

Teasing that has a negative result – if it makes someone feel badly about themselves or uncomfortable – is inappropriate teasing.

Sites for further reading

<https://www.bbc.co.uk/cbbc/curations/anti-bullying-week>

<https://anti-bullyingalliance.org.uk/> **ANTI-BULLYING ALLIANCE**






Progression of learning:

Before:

Now:

Next:

Vocabulary

Words	Image	Meaning
School anti-bullying slogan	Once is unkindness, twice is bullying	Bullying can happen anywhere. In school, in the playground, outside of school, in the home or online. It is up to us to stop bullying when we see it and to try to prevent it from happening in the first place.
Teasing		To tease is to make fun of or attempt to provoke (a person or animal) in a playful way. Teasing that has a negative result – if it makes someone feel badly about themselves or uncomfortable – is inappropriate teasing.
Saying no		Just because someone has told you no or to stop means that they do not like or enjoy what you are doing. Likewise, telling someone how you feel about their actions lets them know you want them to stop.
Dares		To dare someone is to challenge someone to do something as a test of courage. Not all dares are appropriate and it is always ok to say no.

YEAR 4
SPRING 1

Long Meadow School PSHE Knowledge Organiser for:
The core theme: Living in the Wider World
The focus of the unit is: Media literacy and digital resilience



Key Knowledge


Positive and Negative Effects of the Internet

There are lots of exciting ways the **Internet** can help us. This might include learning, communicating with friends and family, shopping, listening to music or stories, finding information or gaming. When we use the **Internet** we may find it makes us feel comfortable or uncomfortable emotions. We might feel comfortable emotions if we enjoy learning **online**, connecting with family and friends, finding information we need or we do well at the game we are playing. However, our **online** activities may cause uncomfortable emotions if someone uses unkind words or excludes us from online chat. We may also feel uncomfortable emotions if we use screens near bedtime so our sleep gets disturbed, if we see a picture or video that is unsuitable or if too much information gets shared. It is important to balance our **online** and **offline** activities to support our mental health and wellbeing.

Keeping Personal Information Private

Personal information can be used to identify us so people know exactly who we are. It is very important to keep our **personal information**, including passwords and passcodes, private and not share it **online**. The **Internet** can also use information that it has about our likes and interests to show us more of what we will enjoy. It is important to be aware of this when we look at advertisements **online** or when we see **websites** suggested for us with opinions shared. If anyone wants to share an image or video containing other people, they should check with everyone involved first to find out whether or not they are happy for it to be shared. If we want to share a comment, it is important to think about whether the comment is true, helpful and how it may make others feel. If you are at all worried about something that has been shared **online**, it is important to speak to a trusted adult straight away.

Key Vocabulary

- Internet:** A system that enables computers and other **devices** to send each other information. We can use **devices** to find and share information on the **Internet**, communicate with others, watch videos and listen to music.
- online:** Activities we do when we use the **Internet**.
- social media:** **Websites** and applications where people can share images, comments and join **online** communities.
- personal information:** Information that is about us. It can include our full name, our date of birth, our address, our telephone number and the name of our school. For adults this also includes their bank details and place of work.
- communication:** Ways of sharing our views with others, including talking and writing messages.
- respect:** A way of treating or thinking about someone that shows they are important and they are valued.
- offline:** Activities we do when we are not using the **Internet**.
- behaviour:** Our actions. The way we behave.
- website:** An information page on the **Internet** from an organisation or group. 
- apps:** Short for 'application'. An application for a computer or mobile phone. This might be a game, provide a service or a link to a **website** or other device.
- bullying:** Doing something repeatedly to hurt someone's body or feelings on purpose.
- cyberbullying:** **Bullying** that takes place **online**. This may be name-calling, harassment, tricking, **trolling** or excluding others.




YEAR 4


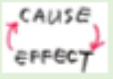

SPRING 2




Long Meadow School PSHE Knowledge Organiser for:

The core theme: **Living in the Wider World**

The focus of the unit is: Money, jobs and community

Vocabulary		
Words	Image	Meaning
Contribution		The part played by a person in their community. Good contributions include volunteering your time or effort joining committees or groups that bring improvement to the people and environment you live with.
Community spirit		A feeling of being involved in the place you live. Also, the act of participating in a local group act to improve or benefit where you live.
Collaboration		Working with others to achieve a goal. Having team work, good communication and listening skills all contribute to a good collaboration.


Vocabulary		
Words	Image	Meaning
Responsibility		Something you are supposed to do because it is right to. Some responsibilities are set by law, meaning you are breaking the law if you do not do them. These include: taking care of other people, throwing away rubbish correctly and paying for what you take.
Effect		The impact of what you do to a person, place or thing. For example, there would be a good effect on where we live if littering was ended completely.
Impact		The changes on a person, place or thing. For example, stopping littering for a week would be a good effect on our environment for a while. However, doing this forever would have a much bigger impact.

Vocabulary		
Words	Image	Meaning
Spend		Using money to exchange for goods or services. For example, spending money can buy you toys or food.
Save		Keeping the money, you have been given or earned until it is a larger amount. This way, you can afford more expensive things or pay for unexpected things (such as a new TV if yours breaks).
Budget		A plan you create for saving and spending money. This helps you keep check of what money you have, what you need and when you want to save or spend.




Key Knowledge


To understand the importance of good hygiene and what to do if you feel unwell and by knowing different ways in which we can we can treat illnesses. To understand how allergies can be managed and identify ways of preventing infections and diseases from spreading. To know what to do if I am worried about my health.



To know the importance of dental health routines and describe what good dental health is. To know that good oral hygiene practices including flossing and know it is important to have regular health check-ups at the dentist.








To know how to take medicine safely and keep safe From drugs by knowing how to identify risks in familiar situations.



To know what is safe to eat or use and what is not.

To know where I can find help in a risky or dangerous situation.

Vocabulary		
Words	Image	Meaning
Health		To be healthy means not to be sick. Your health is when your body, mind and getting on with others is complete.
Safety		How to be protected form or what is unlikely to cause danger, risk or injury.
Medicines		The practices and procedures used to prevent, treat or help with the symptoms of diseases.
Risk		A possibility of loss or injury.
Dental/oral hygiene		Is the practice of keeping your mouth clean and disease free. It involves brushing and flossing your teeth as well as visiting the dentist regularly.

Helpful website:

<https://www.healthforkids.co.uk/>

<https://www.childline.org.uk/>


<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>






Key Knowledge

Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty how to identify external genitalia and reproductive organs.











To understand menstruation and talk about some changes in puberty and know what menstruation is by explain the cycle.



To understand and cope with changes as you move to year 5 by thinking of the changes I have already faced and understanding what is different in Year 5.

Helpful website:
<https://www.youngminds.org.uk/professional/resources/supporting-school-transitions/>



Vocabulary		
Words	Image	Meaning
puberty		Puberty is the time in life when a boy or girl becomes sexually mature. The process happens between ages 10 to 14 for girls and 12 and 16 for boys.
organs		A part of the body that performs a specific function.
reproduction		Reproduction is the biological process by which new individual organism's "offspring" are produced.
hygiene		A science that deals with the bringing about and keeping up of good health in individuals and groups.
menstruation		A normal vaginal bleeding that occurs as part of a woman's monthly cycle.
period		When a female's body discards the monthly build-up of the lining of your uterus (womb).
ovulation		A phase of the female menstrual cycle that involves the release of an egg (ovum) from one of the ovaries.
copng		To deal with and attempt to overcome problems and difficulties.