



EASTRY C OF E PRIMARY SCHOOL KNOWLEDGE ORGANISERS



YEAR GROUP	4
SUBJECT	PSHE
KEY VOCABULARY	<p><u>Being Me</u> Included, Excluded, Welcome, Valued, Team, Charter, Role, Job Description, School Community, Responsibility, Rights, Democracy, Democratic, Reward, Consequence, Decisions, Voting, Authority, Learning Charter, Contribution, Observer, UN Convention on Rights of Child (UNCRC)</p> <p><u>Celebrating differences</u> Character, Assumption, Judgement, Surprised, Different, Appearance, Accept, Influence, Opinion, Attitude, Bullying, Friend, Secret, Deliberate, On purpose, Bystander, Witness, Bully, Problem solve, Cyber bullying, Text message, Website, Troll, Special, Unique, Physical features, Impression, Changed.</p> <p><u>Dreams and Goals</u> Dream, Hope, Goal, Determination, Perseverance, Resilience, Positive attitude, Disappointment, Fears, Hurts, Positive experiences, Plans, Cope, Help, Self-belief, Motivation, Commitment, Enterprise, Design, Cooperation, Success, Celebrate, Evaluate</p> <p><u>Healthy Me</u> Friendship, Emotions, Healthy, Relationships, Friendship groups, Value, Roles, Leader, Follower, Assertive, Agree, Disagree, Smoking, Pressure, Peers, Guilt, Advice, Alcohol, Liver, Disease, Anxiety, Fear, Believe, Assertive, Opinion, Right, Wrong.</p> <p><u>Relationships</u> Relationship, Close, Jealousy, Problem-solve, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Anger, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Trust, Loyal, Empathy, Betrayal, Amicable, Appreciation, Love.</p>



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	<p><u>Changing Me</u> Personal, Unique, Characteristics, Parents, Sperm, Egg / ovum, Penis, Testicles, Vagina / vulva, Womb / uterus, Ovaries, making love, Having sex, Sexual intercourse, Fertilise, Conception, Puberty, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions, Acceptance, Looking forward, Excited, Nervous, Anxious, Happy.</p>
END POINTS KNOWLEDGE	<p><u>Being Me</u></p> <ul style="list-style-type: none">• Know how individual attitudes and actions make a difference to a class• Know about the different roles in the school community• Know their place in the school community• Know what democracy is (applied to pupil voice in school)• Know that their own actions affect themselves and others• Know how groups work together to reach a consensus• Know that having a voice and democracy benefits the school community <p><u>Celebrating differences</u></p> <ul style="list-style-type: none">• Know that sometimes people make assumptions about a person because of the way they look or act• Know there are influences that can affect how we judge a person or situation• Know that some forms of bullying are harder to identify e.g., tactical ignoring, cyber-bullying• Know what to do if they think bullying is, or might be taking place• Know the reasons why witnesses sometimes join in with bullying and don't tell anyone• Know that first impressions can change <p><u>Dreams and goals</u></p> <ul style="list-style-type: none">• Know what their own hopes and dreams are• Know that hopes and dreams don't always come true• Know that reflecting on positive and happy experiences can help them to counteract disappointment• Know how to make a new plan and set new goals even if they have been disappointed



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- Know how to work out the steps they need to take to achieve a goal
- Know how to work as part of a successful group. Know how to share in the success of a group

Healthy Me

- Know how different friendship groups are formed and how they fit into them
- Know which friends they value most
- Know that there are leaders and followers in groups
- Know that they can take on different roles according to the situation
- Know the facts about smoking and its effects on health
- Know some of the reasons some people start to smoke
- Know the facts about alcohol and its effects on health, particularly the liver
- Know some of the reasons some people drink alcohol
- Know ways to resist when people are putting pressure on them
- Know what they think is right and wrong

Relationships

- Know some reasons why people feel jealousy
- Know that jealousy can be damaging to relationships
- Know that loss is a normal part of relationships
- Know that negative feelings are a normal part of loss
- Know that memories can support us when we lose a special person or animal
- Know that change is a natural part of relationships/ friendship
- Know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe

Changing me

- Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm
- Know that babies are made by a sperm joining with an ovum



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	<ul style="list-style-type: none">• Know the names of the different internal and external body parts that are needed to make a baby• Know how the female and male body change at puberty• Know that personal hygiene is important during puberty and as an adult• Know that change is a normal part of life and that some cannot be controlled and have to be accepted• Know that change can bring about a range of different emotions
IT HELPS IF I ALREADY KNOW	<ul style="list-style-type: none">• Understand that they are important• Know what a personal goal is• Understanding what a challenge is• Know why rules are needed and how these relate to choices and consequences• Know that actions can affect others' feelings• Know that others may hold different views• Know that the school has a shared set of values• Know why families are important• Know that everybody's family is different• Know that sometimes family members don't get along and some reasons for this• Know that conflict is a normal part of relationships• Know what it means to be a witness to bullying and that a witness can make the situation worse or better by what they do• Know that some words are used in hurtful ways and that this can have consequences• Know how exercise affects their bodies• Know why their hearts and lungs are such important organs• Know that the number of calories, fat and sugar that they put into their bodies will affect their health• Know that there are different types of drugs• Know that there are things, places and people that can be dangerous• Know a range of strategies to keep themselves safe• Know when something feels safe or unsafe• Know that their bodies are complex and need taking care of• Know that different family members carry out different roles or have different responsibilities within the family



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- Know that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc
- Know some of the skills of friendship, e.g. taking turns, being a good listener
- Know some strategies for keeping themselves safe online
- Know how some of the actions and work of people around the world help and influence my life
- Know that they and all children have rights (UNCRC)
- Know the lives of children around the world can be different from their own
- Know that in animals and humans lots of changes happen between conception and growing up
- Know that in nature it is usually the female that carries the baby
- Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops
- Know that babies need love and care from their parents/carers
- Know some of the changes that happen between being a baby and a child
- Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults
- Know some of the outside body changes that happen during puberty
- Know some of the changes on the inside that happen during puberty