

September Focus Unit

<u>Unit</u>	<u>Resources</u>
<p><u>Unit 1</u> <u>Living in the Wider World (Shared Responsibility)</u> L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws</p>	Kapow Y3 Citizenship lessons 6&7
<p>L2. to recognise there are human rights, that are there to protect everyone</p>	Kapow Y3 Citizenship lessons 1&2 Kapow Y4 Citizenship lesson 1
<p><u>Unit 2</u> <u>Healthy Lifestyles (physical wellbeing)</u> H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of infection; the wider importance of personal hygiene and how to maintain it</p>	See handwashing resources on Shared Drive. Lifebuoy Soaper Heroes
<p>H8. about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn</p>	Kapow Y3 H/W lesson 2 PSHE Association The Sleep Factor Lesson plans
<p>H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online</p>	
<p>H14. how and when to seek support, including which adults to speak to in and outside school, if they are worried about their health.</p>	
<p><u>Unit 3</u> <u>Healthy Lifestyles (mental health)</u></p>	PSHE Association Mental Health and Emotional

H16. about strategies and behaviours that support mental health – including how physical exercise/time outdoors, clubs, and activities, hobbies can support mental health and wellbeing.	Wellbeing lesson plans.
<u>Ourselves, growing and changing</u> H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking.	Kapow Y4 H/W lesson 3
<u>Living in the Wider World (Economic Wellbeing: Aspirations, work and career)</u> L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes	Kapow Y4 H/W lessons 4&5
<u>Relationships (Respecting Self and Others)</u> R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to improve or support courteous, respectful relationships	Kapow Y4 F/R lesson 1
<u>Unit 4</u> <u>Healthy Lifestyles (Keeping Safe)</u> H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to television programmes and films.	Kapow Y4 Safety lesson 1
H42. about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact	Kapow Y4 Safety lesson 2
<u>Living in the Wider World (Media literacy & digital resilience)</u> L11. recognise ways in which the internet and social media can be used both positively and negatively	
L15. recognise things appropriate to share and things that should not be shared on social media.	Kapow Y4 Safety lesson 2

Relationships (Friendships)

R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary in relation to Online Gaming.

Kapow Y4 Safety lessons 3&4

Year 4 Discrete Lessons

Health and Wellbeing (H) Healthy Lifestyles (Physical Wellbeing)	H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay. (Science)	
	H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking) (Science)	
Healthy Lifestyles (Ourselves, growing and changing)	H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction (Science)	
	H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams) (Science)	Kapow Y4 Safety lessons 6&7
Healthy Lifestyles (Keeping Safe)	H38. how to predict, assess and manage risk in different situations	
	H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about (Safety Week – June)	Child Accident Prevention Trust Kapow Y3 Safety lesson 8 –

		road safety.
Living in the Wider World (L) Communities	L6. about the different groups that make up their community; what living in a community means	Kapow Y3 Citizenship lesson 4 Kapow Y4 Citizenship lessons 3-5
	L7. to value the different contributions that people and groups make to the community	https://peacemakers.org.uk/wp-content/uploads/sites/22/2021/05/junior-peacemakers-workshop-guide-final.pdf
Living in the Wider World (L) Economic Wellbeing: Money	L17. about the different ways to pay for things and the choices people have about this	Kapow Y3 E/W lesson 1 - 4 Kapow Y4 E/W lessons 1-3
	L21. different ways to keep track of money	https://www.valuesmoneyandme.co.uk/
Relationships (R) Friendships	R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing https://peacemakers.org.uk/wp-content/uploads/sites/22/2021/05/junior-peacemakers-workshop-guide-final.pdf	Kapow Y3 F/R lesson 5
	R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships	Kapow Y4 F/R lessons 2 and 3
	R15. strategies for recognising and managing peer influence and a desire for	

	peer approval in friendships;	
	R16. how friendships can change over time, about making new friends and the benefits of having different types of friends	
	R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary (specific focus on online gaming.)	Kapow Y4 F/R lesson 2
	R17. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely	Kapow Y3 F / R lesson 2
Relationships (R) Managing hurtful behaviour and bullying	R19. about the impact of bullying and the consequences of hurtful behaviour (online focus)	Kapow Y3 Safety lesson 3
	R20. strategies to respond to hurtful behaviour experienced or witnessed (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support (online focus)	Kapow Y3 Safety lesson 3 and 4
Relationships (R) Safe Relationships	R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact	
	R26. about seeking and giving permission (consent) in different situations	
Relationships (R) Respecting self and others	R21. about discrimination: what it means and how to challenge it	
	R32. about respecting the differences and similarities between people and recognising what they have in common with others (focus on physical differences and disability.)	Kapow Y4 F/R lesson 6

