Y4 PSHE – Being Me in My World

Essential Knowledge

How do my attitudes and actions help others feel welcome and part of our class?
When I am kind, respectful, include everyone and work well with others.

How do we all work together to make our school community successful?
Showing kindness and respect, following our school rules, helping one another, making responsible choices and including everyone.

How does democracy help us make decisions in our school?
By giving everyone a chance to share their ideas, discuss different opinions, and vote so that everyone's voice is heard and respected.

How do my actions affect me and the people around me?
The choices I make can help others feel happy, safe and included, or they can hurt people's feelings and make it harder to work and learn together.

What makes a group work well together?
Everyone shows kindness and respect, listens to different ideas, takes responsibilities of their role and work as a team.

Why is it important that everyone has a voice in our school?
Everyone's ideas and opinions matter and by listening to everyone we can make fair decisions.



Key Vocabulary

choices	decisions we make that can affect ourselves and other people
friends	people who care about us, support us and treat us kindly
help	giving support to someone when they need it
respect	treating others, their feelings and their belongings with kindness and consideration
role	job or responsibility that someone has within a group or community
team	a group of people who work together, help each other and share a goal
democracy	way of making decisions where everyone has a chance to share their opinions and vote fairly

Aspirational Knowledge

Choices and actions affect ourselves and others. Respect, kindness and responsibility help everyone feel valued and included. Working together, listening to others and celebrating differences helps create a safe and welcoming school community.

Y4 PSHE – Being Me in My World

Key Knowledge

How can I help everyone feel welcome and valued in our class?
By being kind, listening to others, sharing fairly and making sure everyone has a chance to join in.

How do we all work together at school?
By helping someone when they need support and following school rules so that everyone can learn, play and feel safe.

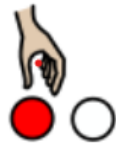
How can I help make our school a fair and respectful place?
By treating everyone kindly, listening to different opinions, following rules and including others in games and activities.

How do my actions affect me and others?
The choices I make can help people feel happy, safe, and included or they can upset others and make it harder to learn and work together.

What makes a group work well together?
When everyone listens, shares ideas, helps each other and works as a team to reach the same goal.

Why is it important that everyone has their say in our school?
Everyone has good ideas and opinions and listening to each other helps us make fair decisions and makes everyone feel valued and included.

Key Vocabulary

choices		decisions we make that can affect ourselves and other people
friends		people who care about us, support us , and treat us kindly
help		giving support to someone when they need it
respect		treating others, their feelings and their belongings with kindness and consideration
role		job or responsibility that someone has within a group or community
team		group of people who work together to achieve a shared goal

Year 4 PSHE – Celebrating Difference

Essential Knowledge

Why is it important to not make assumptions about people based on how they look?
We sometimes make assumptions about people, but they are not always correct. Get to know people before judging them and accept everyone for who they are. Keep an open mind because people can surprise us.

How can assumptions affect the way I think about others and how can I challenge these thoughts?
Our experiences, family, friends, TV and social media can influence our opinions. Sometimes we make assumptions, but they are not always right. Be proud of what makes you unique and keep an open mind about others.

How can I recognise bulling, understand how it affects people and how can we work together to solve bullying situations?
Bullying is when someone is hurt on purpose more than once. It can make people feel sad, worried or unsafe. If you think bullying is happening, tell a trusted adult so they can help.

Why might people choose not to speak up about bullying and how can we work together to solve bullying situations?
Bystanders are people who see bullying happening. If you see bullying, tell a trusted adult and support the person being bullied. Stay safe online by thinking carefully before sending messages or sharing information.

What makes me unique and how can I appreciate the things that make me special?
Everyone is unique and has qualities that make them special. Be proud of who you are and celebrate what makes you different. Everyone has something valuable to offer.

Why is it important to accept people for who they are?
First impressions can be wrong, so get to know people before judging them. Everyone has their own story. Treat others with kindness, respect and acceptance.

Key Vocabulary

character	the type of person someone is, shown by how they behave and treat others
judgement	a decision or opinion you make about someone or something
accept	to welcome and respect someone for who they are
influence	something that affects the way you think, feel or act
bystander	someone who sees something happening but is not directly involved
cyber bullying	using technology, such as messages or online games, to hurt or upset someone
appearance	what someone looks like on the outside

Aspirational Knowledge

Understanding how experiences, media and first impressions can shape opinions, and how to challenge unfair assumptions. Understanding how to respond to bullying, including online bullying, with empathy and respect.

Year 4 PSHE – Celebrating Difference

Key Knowledge
How can I accept people for who they are? People can look different, but everyone deserves kindness and respect.
How can I think carefully before I judge someone? Things we see and hear can affect our thoughts. Be proud of who you are and keep an open mind about others.
What should I do if I think someone is being bullied? Bullying is being unkind on purpose more than once. Tell a trusted adult if bullying happens.
How can I help if I see bullying happening? People who see bullying can help by supporting others and telling a trusted adult.
What makes me special and unique? Everyone is special and unique. Be proud of who you are and celebrate your differences.
Why is it important to accept people for who they are? First impressions are not always right. Getting to know people helps us be kind and respectful.

Key Vocabulary		
character		what a person is like on the inside
judgement		what you think about someone or something
accept		to be kind and let people be themselves
influence		something that changes what you think or do
cyber bullying		being unkind to someone online
appearance		what someone looks like

Y4 PSHE – Dreams and Goals

Essential Knowledge

What are my hopes and dreams, and how do they make me feel? What is my dream or goal?
Hopes and dreams are things we want to achieve. Perseverance, resilience and a positive attitude help us keep trying.

How can I cope with disappointment and keep going when things do not go as planned? What can I do when I feel disappointed?
Resilience and support from others can help us cope with disappointment and keep going when things do not go to plan.

How can I bounce back from disappointment and keep believing in myself? How can I keep trying when things do not go my way?
We can cope with disappointment by staying positive, asking for help and making new plans. Overcoming setbacks builds our resilience, self-respect and self-esteem.

How can I stay positive and set new goals when things do not go as planned? How can I keep trying when something goes wrong?
Resilience and self-belief help us adapt our plans, set new goals and keep trying safely.

How can working together help us achieve a goal and enjoy a group challenge? How can I work with others to reach a goal?
Teamwork, resilience and respect help us work together to achieve a goal.

How can I help my group succeed and celebrate what we achieve together? How can I help my group and feel proud of our success?
Celebrating our success helps us feel proud, confident and resilient.

Key Vocabulary

hope	a feeling that something we want to happen or achieve is possible
resilience	being able to cope with challenges, learn from setbacks and keep trying
determination	continuing to work towards a goal even when it is difficult
motivation	the feeling or reason that encourages us to act and keep working towards a goal
experiences	things that happen to us that can help us learn, grow and understand our feelings
help	support we give or receive to make it easier to cope with challenges or achieve a goal
enterprise	using creativity and teamwork to develop ideas, solve problems and achieve a goal

Aspirational Knowledge

Children will aspire to approach challenges with courage, resilience and determination, seeing setbacks as opportunities to learn and grow. They will develop the confidence to adapt their goals, believe in their abilities, support others and use their strengths to achieve their ambitions.

Y4 PSHE – Dreams and Goals

Key Knowledge
What is my dream? How does it make me feel? A hope or dream is something I want to do or achieve. I can keep trying, even when something is hard.
How can we work together at school? We work together by helping others and following rules. This helps everyone to learn, play and stay safe.
How can I make school fair and kind? I can be kind, listen to others, follow the rules and include everyone.
How do my choices affect other people? My choices can make others feel safe, happy and included. I can make good choices to help others.
How can we work well as a team? We work well as a team when we listen, share ideas and help each other.
Why is it important to listen to everyone? Everyone has ideas. Listening to each other helps everyone feel included and helps us make fair choices.

Key Vocabulary		
hope		something you want to happen in the future
resilience		keeping going when things are hard
determination		trying hard and not giving up
motivation		something that makes you want to keep trying
experiences		things that happen to us that we can learn from
help		support from someone when we need it

Y4 PSHE – Dreams and Goals

Essential Knowledge

How do friendship groups form and how do my friends make me feel?
Friendships can be different and can change over time. Healthy friendships should make us feel safe, valued and trusted.

How can I stay safe and make the right choice when other people influence me?
We can make safe choices, say no to peer pressure and ask a trusted adult for help.

Why do some people smoke or vape, and how can I make safe choices if I feel pressured?
Smoking and vaping can harm our health. We can say no to peer pressure and make healthy choices for ourselves.

Why do some people choose to drink alcohol and how can I deal with pressure to make safe choices?
Alcohol can harm our health. We can say no to pressure and make healthy, safe choices.

How can I deal with pressure from others and make safe choices for myself?
Healthy friends respect our choices and do not pressure us to do things that feel unsafe or uncomfortable.

How can knowing what is right and wrong help me be confident and stand up for myself?
We can be assertive, make safe choices and stand up for what we believe is right.

Key Vocabulary

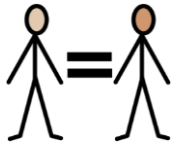
friendships	relationships with people we like, trust and enjoy spending time with
emotions	the feelings we have, such as happiness, sadness, worry or excitement
relationships	the connections we have with other people and how we treat each other
value	to believe that someone or something is important and deserves care and respect
peers	people who are around the same age as us, such as classmates and friends
smoking	breathing in smoke from a cigarette, which can be harmful to our health
guilt	the uncomfortable feeling we may have when we think we have done something wrong

Aspirational Knowledge

Children will develop the confidence to make safe and healthy choices, build positive relationships and stand up for what they believe is right. They will recognise unhealthy pressure, trust their own judgement and have the courage to say no, seek help and positively influence others.

Y4 PSHE – Dreams and Goals

Key Knowledge
Who are my friends and how do they make me feel? We can have different friends. A good friend is kind, helps us and makes us feel safe.
How can I stay safe if someone asks me to do something risky? I can say no, move away and tell a trusted adult if something feels unsafe.
How can I say no to smoking or vaping? Smoking and vaping can hurt our health. I can say no and ask a trusted adult for help.
How can I say no to alcohol and make safe choices? Alcohol can harm our health. I can say no and ask a trusted adult for help.
How can I say no if I do not want to do something? A good friend listens to my choices. I can say no, move away and ask a trusted adult for help.
How can I be brave and speak up for myself? I can say what I think is right. I can say no, make safe choices and ask for help.

Key Vocabulary		
friendships		people we like and enjoy spending time with
emotions		the feelings we have, like happy, sad or worried
relationships		how we know and get along with other people
value		to think someone or something is important
peers		people who are around the same age as us
guilt		feeling bad because we think we have done something wrong

Y4 PSHE – Relationships

Essential Knowledge

What makes me feel jealous and how can I solve this?
We can manage jealousy by talking to someone we trust, staying calm and avoiding comparisons with others. Being kind to ourselves and others helps keep friendships strong.

Who do I love and why are they special? How do people feel when they lose someone they love?
Loss is when we lose someone or something important. It can make us feel sad or confused, but talking to people we trust can help. Over time, we learn to cope and remember special people or things in a happy way.

Who do I know but no longer see and how can I remember them?
Sometimes we no longer see people or pets we care about, which can make us feel sad. Remembering happy times and talking to someone we trust can help us feel better.

How do friendships change and how can I make new friends or manage falling out?
Friendships can change and falling out with friends can make us feel upset. Talking, listening and being respectful can help solve problems, but sometimes friendships end and that's okay. Being kind and standing up for ourselves helps us be good friends.

What does a special relationship mean and why don't I need to feel pressured?
Having a boyfriend or girlfriend is a type of relationship people often have when they are older. You should never feel pressured to have one. What matters most is being kind, respectful and happy with yourself.

How can I show love and appreciation to people or animals I care about?
We can show love and appreciation by being kind, saying thank you and caring for others. Strong, caring relationships help us feel happy, safe and supported.

Key Vocabulary

anger	a feeling when you are upset or mad
jealousy	when you feel unhappy because you want what someone else has
love	warm feeling when you really care about someone
personal	something that belongs to you or is about you
pressure	when you feel pushed or stressed to do something
trust	believing someone will be honest and do the right thing
vulnerable	feeling open or easily hurt

Aspirational Knowledge

Understand feelings like jealousy and loss and know that different emotions are okay. Talk to someone you trust, be kind and respectful and show care for others. Strong relationships help us feel happy, safe, and supported.

Y4 PSHE – Relationships

Key Knowledge
What makes me upset or jealous? When we feel upset because we want what someone else has.
Who is special to me? When we lose someone or something important, it can make us feel sad or confused.
Who do I remember but don't see now? Sometimes we don't see people or pets anymore, this can make us feel sad or lonely, which is normal.
What happens if friends fall out? Friendships can change and sometimes we fall out, which can make us feel upset. We can try to fix things by talking and listening. It's important to be kind, respectful and a good friend.
What is a special friendship for when I am older? Having a boyfriend or girlfriend is something people usually have when they are older. It is important to be kind, respect others and feel happy being yourself without feeling pressured.
Who do I love? We can show love by being kind, saying thank you and caring for people and pets.

Key Vocabulary		
anger		a feeling when you are upset or mad
jealousy		when you feel unhappy because you want what someone else has
love		warm feeling when you really care about someone
personal		something that belongs to you or is about you
pressure		when you feel pushed or stressed to do something
trust		believing someone will be honest and do the right thing
vulnerable		feeling open or easily hurt

Y4 PSHE – Changing Me

Essential Knowledge

What makes me special and how do my choices and interests help me become who I am?
Everyone is special and different, and many things about us come from our parents, so no two people are the same.
Even identical twins can look the same, but they still have their own thoughts, feelings and personalities.

Who can I talk to in my family when I need support to help me grow up?
As we grow up, bodies and feelings change in natural ways, and learning about this helps us understand and look after ourselves.

How does the circle of change work and can I apply it to changes I want to make in my life?
Change happens in stages, like a cycle, and understanding this helps us manage changes in our own lives.

How do I ask for help when I am worried about changes that are happening?
Some changes cannot be controlled, but we can learn ways to stay calm and manage our feelings.

How can I look forward to changes that are happening?
Thinking about moving on helps us feel prepared, so we can share our worries and feel excited about the future.



Key Vocabulary

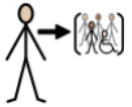
identity	who you are, including your personality, beliefs and what makes you, you
unique	being special and different from everyone else
belonging	feeling like you are accepted and part of a group
trusted adult	a grown-up you feel safe with and can go to for help or advice
change	when something becomes different over time
puberty	the time when a child's body starts to grow and change into an adult body
genes	tiny parts inside your body that decide things like how you look and grow

Aspirational Knowledge

People inherit traits through genes, so they may resemble their family while remaining unique. During puberty, bodies and emotions change at different times and good hygiene becomes important. Change is a normal part of life; while some changes can be controlled and others accepted, recognising patterns and talking to trusted adults can help people manage their feelings and prepare for the future.

Y4 PSHE – Changing Me

Key Knowledge
What makes me special? Everyone is special and different, and many things about us come from our parents, which is why no two people are the same.
Who can I talk to in my family when I need support? As we grow, our bodies and feelings change, and learning about this helps us understand ourselves and stay healthy.
How does the circle of change work to help me make changes in my life? Change happens over time and understanding this helps us think about how we feel and be kind to others when they feel different.
What changes are outside my control and how can I express my fears and concerns? Sometimes things change and we cannot stop them, but we can talk to a trusted adult to help us feel calm and safe.
How can I share my feelings about changes that are outside my control? Thinking about what will happen next can help us feel ready, so we can share our worries and feel happy and excited about the future.

Key Vocabulary		
identity		who you are, including your personality, beliefs and what makes you, you
unique		being special and different from everyone else
belonging		feeling like you are accepted and part of a group
trusted adult		a grown-up you feel safe with and can go to for help or advice
change		when something becomes different over time

