

## PSHE Framework: Year 4/5 Year A

<p><b>Unit 1</b></p>	<p><b>Myself and My Relationships</b> My Emotions 3 /4 and 5/6</p> <p>All linked to Establishing Everyday Excellence</p>	<ul style="list-style-type: none"> <li>• What is my role in helping my school be a place where we can learn happily and safely?</li> <li>• How can we build relationships in our class and how does this benefit me?</li> <li>• What does it feel like to be new or to start something new?</li> <li>• How can I help children and adults feel welcome in school?</li> <li>• What helps me manage a new situation or learn something new?</li> <li>• Who are the different people in my network who I can ask for help?</li> </ul> <p><b>5/6</b></p> <ul style="list-style-type: none"> <li>• How can we make mental wellbeing a normal part of daily life, in the same way as physical wellbeing?</li> <li>• What does it mean to have a 'strong sense of identity' &amp; 'self-respect'?</li> <li>• What can I do to boost my self-respect? RR</li> <li>• How do I manage strong emotions?</li> <li>• How can I judge if my own feelings and behaviours are appropriate &amp; proportionate?</li> <li>• How do I recognise how other people feel and respond to them?</li> <li>• What is loneliness and how can we manage feelings of isolation?</li> <li>• How common is mental ill health and what self-care techniques can I use?</li> <li>• How and from whom do I get support when things are difficult?</li> </ul>
<p><b>Unit 2</b></p>	<p><b>Myself and My Relationships</b> Anti - Bullying 3/4</p> <p>Some objects to be covered in Anti bullying week</p>	<ul style="list-style-type: none"> <li>• How are falling out and bullying different?</li> <li>• How do people use power when they bully others?</li> <li>• What are the key characteristics of different types of bullying?</li> <li>• How can lack of respect and empathy towards others lead to bullying?</li> <li>• What is the difference between direct and indirect forms of bullying?</li> <li>• What are bystanders and followers and how might they feel?</li> <li>• Do I understand that bullying might affect how people feel for a long time?</li> <li>• How can I support people I know who are being bullied by being assertive?</li> <li>• How does my school prevent bullying and support people involved?</li> </ul>
	<p><b>Healthy and Safer Lifestyles</b></p> <p>Managing Safety and Risk 5/6</p>	<ul style="list-style-type: none"> <li>• When am I responsible for my own safety as I get older and how can I keep others safer?</li> <li>• How can I safely get the attention of a known or unknown adult in an emergency?</li> <li>• Can I carry out basic first aid in common situations, including head injuries?</li> <li>• How can being outside support my wellbeing &amp; how do I keep myself safe in the sun?</li> </ul>

<b>Unit 3</b>	<b>Diversity and Communities 3/4</b> Linked to Geography Slums	<ul style="list-style-type: none"> <li>• What have we got in common and how are we different?</li> <li>• How might others' expectations of girls and boys affect people's feelings and choices?</li> <li>• How are our families the same and how are they different?</li> <li>• Do people who live in my locality have different traditions, cultures and beliefs?</li> <li>• How does valuing diversity benefit everyone?</li> <li>• Why are stereotypes unfair and how can I challenge them?</li> </ul>
	<b>Healthy and safer lifestyles 5/6</b> Digital Lifestyles  Links to internet safety week	<ul style="list-style-type: none"> <li>• What are some examples of how I use the internet, the services it offers, and how do I make decisions?</li> <li>• What are the principles for my contact and conduct online, including when I am anonymous?</li> <li>• How can I critically consider my online friendships, contacts and sources of information, and make positive contributions?</li> </ul>
<b>Unit 4</b>	<b>Healthy and safer lifestyles Relationships and Sex Education –</b>	<p>Year 4</p> <ul style="list-style-type: none"> <li>• What are the main human life cycles (Science)</li> <li>• How did I begin? (Sex Ed non statutory)</li> <li>• What does it mean to be 'grown up'?</li> <li>• What am I responsible for now and how will this change?</li> <li>• How do different caring, stable, adult relationships create a secure environment for children to grow up?</li> </ul> <p>Year 5•</p> <ul style="list-style-type: none"> <li>• What are male and female sexual parts called and what are their functions? • How can I talk about bodies confidently and appropriately?</li> <li>• What happens to different bodies at puberty?</li> <li>• What might influence my view of my body?</li> <li>• How can I keep my growing and changing body clean?</li> <li>• How can I reduce the spread of viruses and bacteria?</li> </ul>