

PSHE Scheme of Work Perranporth C P School



			Year 4 Autumn 1	Term Term		
		AUTUMN 1 st Half		Autumn 2 nd Half		
Theme		I am Warrior (Romans)	Mis	ty Mountain Winding	River
British Key Question	How has modern Britain bee	n shaped by other cultures?		How does water shape our world?		
Enhancements	Visit to Penlee Gallery and Mu Celts vs Romans Battle Roman Banquet	ıseum - Life in Cornwall Celts a	nd Romans	River visit Talk from Matthew Jones Dad – rock climbing		
Books	Who let the Gods Out? Maz Ev Boudicca (Folk Song)	rans		Young Gifted and Black – Jamia Wilson The River – Valerie Bloom (poem) Explanation texts		
Addressing Stereotypes	Role of Women in battle – Bou Role of women in the home i			Climbing is too dangerous for everyone to do it https://www.theguardian.com/world/2019/oct/31/mount-everest-lhakpa-sherpa-climbed-nine-times-world-record		
British Values	(Plebeians) Rule of Law – Were slaves co Individual Liberty – Did Boud	al rights for all? Upper class (Pare delay) as ever class as ever class make the right choices? — What if a boy doesn't want to	yone else?	Democracy – Should you pay to fish in the sea/river? Rule of Law – Should we limit the number of people who visit a beach? (National Trust) Individual Liberty – Can water be stolen? Mutual Respect & Tolerance – Can you harm a river?		
Area of Learning	Respect Part 1	Problem Solving and Resourcefulness	Leadership Part 1	Bullying Part 1	Being Responsible Part 1	Where does my Food come from?
Area of PSHE/SRE	Relationships	Living in the wider world	Relationships	Relationships	Relationships	Health and Well-Being
PSHE (All NC subject content covered)	Pupils should be taught: • to understand what respect is. • to know why respect is important when working with others. • how to demonstrate respect for one another.	Pupils should be taught: to understand what the law is and why we have it. how to use resourcefulness to help us solve problems.	Pupils should be taught: • about the qualities of a good leader. • how to lead a team.	Pupils should be taught: • about the impact of bullying, including offline and online, and the consequences of hurtful behaviour. • strategies to respond to hurtful behaviour experienced or witnessed, offline and online. (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others). • how to report concerns and get support.	Pupils should be taught: -about what it means to be responsiblehow we can use responsibility to inspire othersto understand the importance of being responsible.	Pupils should be taught: • to understand where food comes from and how foods are sourced. • about how food is produced. • about how and where we keep track of the food we eat

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				about what it means to be			
				discriminating, how to recognise it as			
				bullying and how to challenge it.			
Key questions /	Phase 1 and 2 – Respect key ques	tions:		Phase 1 and 2 – Bullying key que	stions:		
knowledge and	What is respect?			What forms can bullying take?			
understanding to	Who should you be respectful to in a school environment?			What is cyberbullying?			
	why might you show respect to others?			, , ,	How does it affect your mental he	alth?	
be explained	Who is the first person that you ne			Is moving school a good idea to prevent being bullied?			
Key Knowledge	What does being respectful toward			What can you do if bullies are taking your friends away?			
and facts to be	What might be seen as disrespectf	ul in a conversation?		What is a troll on social media?			
recalled				What does equality mean?			
- Councu	Phase 3 and 4 – Problem Solving a	and Resourcefulness key questions	s:	What is discrimination?			
	What is problem solving?			What does it mean to stereotype	?		
	When do we use problem solving?				ne who uses a wheelchair, who ha	as impaired mobility and who wants	
	How can being a good problem so	ver help you?		to be a professional athlete?			
	What is resourcefulness? Where would you go to find an answer to a question? Is resourcefulness about knowing everything or about knowing where to look to find the answer to everything? Why might being resourceful improve your learning? Phase 5 and 6 – Leadership key questions: What is a leader?			What does the Equality Act expect schools to do about bullying and discrimination?			
				What does it mean to celebrate diversity? Phase 3 and 4 – Being Responsible key questions: Why is it important to be responsible? How does responsibility inspire others?			
				What is responsibility?			
				What responsibilities might you h			
	What are some of the important q	_		What might happen if we are responsible? Phase 5 and 6 – Where does My Food Come From? key questions: Where can we get food to eat?			
	Do you need to be born a leader o						
	Do good leaders work harder than	•	ers work harder?				
	Do leaders need further learning a						
	Does there need to be one leader in a team?			Why do we have to buy foods from other countries?			
				Where can you get food from?			
				Why are foods grown in the UK often fresher than those that come from other countries?			
					Why do we waste over 30% of the fruit and vegetables sold in our supermarkets?		
				Why do we need to know where and how our food was produced?			
				Which animals do we 'typically' fa	arm in the UK for food?		
	Respect, peer pressure,	Solution, dilemma, confident,	Leader, organise, goal,	Bullying, online, offline, hurtful,	Responsible, consequence,	Choice, habit, sustainability,	
	responsible cultural, ethnic,	support	achievements	consequence, challenge,	duties, rights, inspire	convenience	
Vocabulary	racial, religious, gender identity,			discriminate			
	sexual orientation, disability,						
	, , , , , , , , , , , , , , , , , , , ,						

	Year 4 Spring Term								
		Spring 1 st Half		Spring 2 nd Half					
Theme		Burps, Bottoms, Bile	:		Cornwall or Corfu?				
British Key Question	Are you what you eat?			Where would you go?					
Enhancements	Visit from dentist/nutritionist			Visit form Travel Agent/Tourist Board http://www.perranporthinfo.co.uk/ Perranporth beach and town survey					
Books	Street Child - Berlie Doherty			The Devil and his Boy – Anthony Ho	rowitz				
Addressing Stereotypes	Boys don't wash their hands!			My Dad makes the tastiest pasty! A Corfu/London pasty is as tasty as	My Dad makes the tastiest pasty! A Corfu/London pasty is as tasty as a Cornish pasty!				
British Values	Democracy – Teeth care should be free for all, like the NHS Rule of Law – Teeth care should be free for all, like the NHS Individual Liberty – Everyone should alter their eating habits to save the planet Mutual Respect & Tolerance – Meat vs Vegetarian vs Vegan Which is preferable?			Democracy – How could we choose which is the best place for a Summer holiday? Rule of Law – Why don't we abolish passports? Individual Liberty – Freedom to travel where we wish – passports Second homes are an asset Mutual Respect & Tolerance – Should we speech the language of the country we visit?					
Area of Learning	A Balanced Diet	Healthy Eating Part 1	The Importance of Physical Activity Part 1	Sleep Part 1	Screen Time Part 1	Try & Try Again Part 1			
Area of PSHE/SRE	Health and Well-Being	Health and Well-Being	Health and Well-Being	Health and Well-Being	Health and Well-Being	Relationships			
PSHE (All NC subject content covered)	Pupils should be taught: about what a balanced diet is. about how much of each nutrient we should be eating. to understand the effects of food on our body	Pupils should be taught: • to understand how exercise supports the function of the human body. • to understand how a balanced diet supports the function of the human body.	Pupils should be taught: about what physical activity is. about what physical activity dinvolves. about the effects of physical activity	Pupils should be taught: about how much sleep we should get. about how sleep affects our lifestyle. about how sleep supports our mindset and our body function	Pupils should be taught: about how too much screen time is bad for us. about how too much screen time can affect our daily life. about how screen time can affect us mentally. about how screen time can affect our relationships with others	failure is important. • to understand how we can use failure to succeed. • how we can use failure to drive success.			

understanding to	What is a balanced diet?			Phase 1 and 2 – Sleep key questions:				
understanding to	NA/la: ala un un un ala ala au la un un ala un un un a			How does sleep help our physical development?				
har accordator and	which nutrients should you try	to choose more often?		What is the average amount of slee	What is the average amount of sleep we should have every night?			
he explained	Which food groups are the one	s that we should choose most of	ften?	What does sleep do to help your bo	What does sleep do to help your body, muscles and heart?			
	Why is it important that we make healthier food choices?			What may happen if you don't get enough sleep for a long time?				
Key Knowledge	What do foods that contain proteins do for your body?			How much sleep should you be getting on average each night?				
and facts to be	What else should you do as we	ll as eat a balanced diet?		How can good sleep help us with our schoolwork and sport?				
recalled	What job do carbohydrates do	b do carbohydrates do for our body?			How does sleep help our body keep well?			
recalled	What job do proteins do for our body?			How can sleep help your body to st	ay fit and healthy?			
	Phase 3 and 4 – Healthy Eating	g key questions:		Phase 3 and 4 – Screen Time key q	uestions:			
	What is healthy eating?			Is screen time always bad for us?				
	How does food help our body v	<mark>vork?</mark>		How can too much screen time affect our daily life?				
	What does the 'Eatwell Plate' h	nelp us to do?		Should there be a limit to how much screen time we have each day?				
	Which nutrients provide the me	ost energy for our body?		How can screen time affect our sleep?				
	Which nutrients should be eate	en in smaller amounts?		How might your amount of screen time affect your weight?				
	How could you compare our bo	odies to a car?		How can screen time affect us mentally?				
	Which nutrients provide the ma	ain source of energy for our bod	ies?	How can screen time affect our relationships with others?				
	Which of these nutrients, if eat	en too often, would not 'fuel' ou	ır bodies properly?	What aches and pains might you experience if screen time is too high? How might friendships suffer if screen time is too high? How might violent computer games affect the viewers?				
	Phase 5 and 6 – The Important What is physical activity?	ce of Physical Activity key quest	ions:					
		activity should you do each day?	?	Phase 5 and 6 -Try and Try Again key questions:				
	How might exercise/physical ac	ctivity make you feel?		How can we use failure to bring success? How does failure help us succeed? Why is failure important?				
	What does physical activity do	which may help you to learn?						
	What does physical activity do							
	Does physical activity make you	u feel more or less tired?		What advice would you give to someone who keeps failing?				
				How does failure make feel and how do you deal with it?				
				What do you need to learn from yo				
	Balanced diet, food group,	Balanced diet, food group,	Exercise, physical activity,	Sleep, rest, recovery, well-being	Balanced lifestyle, moderation	Failure, success, try and try again,		
Vocabulary	nutrient, healthy	nutrient, healthy	tiredness			resilience		

			Year 4 Summ	er Term			
		Summer 1st Half		Summer 2 nd Half			
Theme	Traders & Raiders/Raiders or Settlers?				Blue Abyss		
British Key Question	How did the Anglo-Saxon era end and what was their impact on life in Britain? How did the Vikings influence life in Britain?			Can you/Britain save the oceans?			
Enhancements	=			Falmouth Maritime Museum/National Marine Aquarium (Visit/Virtual) Art gallery/Sculpture garden/installation (Visit/Virtual)			
Books	Running Wild - Michael Morpu	urgo		Running Wild - Michael Morpurgo			
Addressing Stereotypes	You have to be loud and scary to win a battle!			Where are the female natural scie	Where are the female natural scientists to rival Steve Backshall and David Attenborough?		
British Values	Rule of Law – Let's trade! Could we survive without money? Individual Liberty – We should be able to choose our leaders			Democracy – What needs our support the most? (endangered species) Rule of Law – The fish we catch belong to everyone (over fishing) Individual Liberty – I can go to an aquarium if I wish! Sea creatures belong in the sea not in tanks Mutual Respect & Tolerance – Sea creatures belong in the sea not in tanks			
Area of Learning Area of PSHE/SRE	British Values - Sovernment & Rules Part 1	British Values - Freedom in Beliefs Part 1 Living in the wider world	Relaxing to Recharge Part 1 Health and Well-Reing	Everything will be alright Part 1 Health and Well-Being	Family Relationships Part 1	Keeping my Body Safe Part 1	
DCUE	Pupils should be taught: to equip pupils with an understanding of some of the different forms of government to see how these are enacted in some countries in the world.	Pupils should be taught: to explore different understandings of individual liberty the things that many people enjoy today have been fought for in the past. to understand the similarities and differences between some of the largest religions in	Pupils should be taught: about what it means to relax. about how relaxing can help us recharge. about what we can do to do relax. about the balance needed between relaxing and screen time.	Pupils should be taught:	Pupils should be taught: • to know that others' families sometimes look different from their family but that they should respect those differences. • that families are important for children growing up because they can give love, security and stability. • to think about the characteristics of healthy family life and the importance of commitment to each other, even in times of difficulty. • about protection and caring for children and other family members, and the importance of spending time together and sharing each other's lives. • how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice.	Pupils should be taught: • about what we can do to ensure we are keeping our body safe. • about the difference between 'good secrets' and 'bad secrets'. • about what we can and should do when someone makes us feel uncomfortable	

	Phase 1 and 2 - Pritish Values 4	Covernment and Pules less areas	tions	Phase 1 and 2 - Eventhing Will be A	kight kay guastians		
	·			Phase 1 and 2 – Everything Will be Alright key questions:			
	, , , , ,			Why don't we feel okay sometimes? What can you do if you don't feel okay?			
	How does the Commonwealth s	-		How do you know if you are feeling okay?			
	What is the job of the PM and he	• •	oma alactad?	Why might you not be feeling okay?			
	Who or what is a dictator?	ow does the Filme Millister becc	one elected:	Is it okay for you and others to not be	a okay?		
	What is an absolute monarchy?			How can we help other who don't fee	•		
	·			How can you tell if someone is not feeling okay?			
	Can you think of some of the bei	nefits of school rules?		What can you do if you notice someone who doesn't feel okay?			
	What are some disadvantages of			What is something you can say to sor	•		
	Think of consequences for break		s for breaking the law.	you can say to so.	neone uno ion e reening ona, i		
Key questions /	Are they the same?			Phase 3 and 4 – Family Relationships	kev auestions:		
knowledge and	What do you do if you don't agre	ee with a school rule?		What might be some of the positive f			
understanding to	People who work with children a		d to?	What might be some of the challenge			
_				What can families give us?			
be explained	, , ,			If someone's family looks different to your family, does that mean that they have different love or support?			
Key Knowledge	Phase 3 and 4 - British Values- I	Freedom in Beliefs key question	s:				
and facts to be	• •			Phase 5 and 6 – Keeping My Body Safe key questions:			
recalled	Why is it that some people still need to fight for their freedom and their rights?			What does the NSPCC 'PANTS' rules remind you?			
	What might influence our thinking	ng about human or civil rights?		Which 'private parts' are covered by	pants or knickers?		
	Does everyone in the world have	e the same rights to freedom?		What is the NSPCC 'Pants' rule?			
	Is slavery and the use of slaves a	thing of the past? What is child	labour?	Is it okay to talk to a trusted adult about a secret that someone asked you to keep which makes you feel uncomfortable?			
	Phase 5 and 6 – Relaxing to Rec	harge key questions:		Do you know the difference between 'Good' secrets and 'Bad' secrets?			
	What does it mean to relax?			What can you do or say if someone is making you feel uncomfortable or unsafe?			
	How can relaxing help us recharg			What is a good secret?			
	Why is it healthy to relax when y			What is a bad secret?			
	How does relaxing help us to rec	charge?		What can you do if someone is making you feel uncomfortable or unsafe?			
	What can you do to relax?						
	Democracy, election, Prime	Freedom, rights, slavery	Active, busy, relaxation, repair,	Emotions, okay, support, problem	Support, positive,	Penis, vagina, testicles, vulva,	
	Minister, dictator	l cousti, rights, stavely	stress		relationships, challenges,	breasts, nipples, inappropriate,	
Vocabulary	1				different, nuclear family,	trusted, uncomfortable	
- Cabalal y					cohabiting, reconstituted		
					family		
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