

St Cross PSHE and RSE Overview – Year 4

PSHE – Jigsaw

RSE – Life to the Full

Autumn 1 Being me in my world	Autumn 2 Celebrating difference	Spring 1 Dreams and goals	Spring 2 Healthy me	Summer 1 Relationships	Summer 2
PSHE: Becoming a class team • know my attitudes and actions make a difference to the class team • know how to use my Jigsaw Journal • know how good it feels to be included in a group and understand how it feels to be excluded • try to make people feel welcome and valued	PSHE: Judging by appearances • understand that, sometimes, we make assumptions based on what people look like • try to accept people for who they are	PSHE: Hopes and dreams • tell you about some of my hopes and dreams • know how it feels to have hopes and dreams	PSHE: My friends and me • recognise how different friendship groups are formed, how I fit into them and the friends I value the most • identify the feelings I have about my friends and my different friendship groups	PSHE: Relationship web • recognise situations which can cause jealousy in relationships • identify feelings associated with jealousy and suggest strategies to problem-solve when this happens	RSE: What is puberty • Learn what the term 'puberty' means. • Learn when they can expect puberty to take place. • Understand that puberty is part of God's plan for our bodies.
PSHE: Becoming a school citizen • understand who is in my school community, the roles they play and how I fit in • take on a role in a group and	PSHE: Understanding influences • understand what influences me to make assumptions based on how people look	PSHE: Overcoming disappointment • know that reflecting on positive and happy experiences can help me to	PSHE: Group dynamics • understand there are people who take on the roles of leaders or followers in a group, and to know the role I	PSHE: Love and loss • identify someone I love and express why they are special to me • know how most people feel when they lose someone or something they love	RSE: Changing bodies • Learn correct naming of genitalia • Learn what changes will happen to boys during puberty • Learn what changes will happen to girls during puberty

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contribute to the overall outcome	question why I think what I do about other people	counteract disappointment know how to cope with disappointment and help others cope with theirs	take on in different situations be aware of how different people and groups impact on me and to recognise the people I most want to be friends with		
PSHE: Rewards and consequences - understand that my actions affect myself and others - I care about other people's feelings and try to empathise with them - understand how rewards and consequences motivate people's behaviour	PSHE: Understanding bullying - now that sometimes bullying is hard to spot and to know what to do if I think bullying is going on but I'm not sure - know how it might feel to be a witness to and a target of bullying	PSHE: Creating new dreams - know how to make a new plan and set new goals even if I have been disappointed - know what it means to be resilient and to have a positive attitude	PSHE: Celebrating my inner strength and assertiveness - know myself well enough to have a clear picture of what I believe is right and wrong - tap into my inner strength and know how to be assertive	PSHE: Memories - tell you about someone I know that I no longer see - understand that we can remember people even if we no longer see them	RSE: Discussion groups Continuation of 'changing bodies'.
PSHE: Our learning charter understand how groups come	PSHE: Special me identify what is special about me and to value the	PSHE: Achieving goals know how to work out the steps to take to	RSE: Drugs alcohol and tobacco Understand the effect that a range of	PSHE: Getting on and falling out recognise how friendships change, know how to make	RSE: Life cycles That they were handmade by God with the help of their parents.

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together to make decisions take on a role in a group and contribute to the overall outcome	ways in which I am unique like and respect the unique features of my physical appearance	achieve a goal, and do this successfully as part of a group enjoy being part of a group challenge	substances including drugs, alcohol and tobacco can have on the body. Know that our bodies are created by God, so we should take care of them and be careful about what we consume.	new friends and how to manage when I fall out with my friends know how to stand up for myself and how to negotiate and compromise	- How a baby grows and develops in its mother's womb including, scientifically, the uniqueness of the moment of conception. - How conception and life in the womb fits into the cycle of life.
PSHE: Owning our learning charter - understand how democracy and having a voice benefits the school community - understand why our school community benefits from a Learning Charter and can help others to follow it	PSHE: Celebrating difference – How we look - tell you a time when my first impression of someone changed when I got to know them - explain why it is good to accept people for who they are	PSHE: We did it! - identify the contributions made by myself and others to the group's achievement - know how to share in the success of a group and how to store this success experience in my internal treasure chest	RSE: First aid heroes - In an emergency, it is important to remain calm. - Quick reactions in an emergency can save a life. - Children can help in an emergency using their First Aid knowledge.	PSHE: Girlfriends and boyfriends - understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older - understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/girlfriend	RSE: Chatting online - How to use technology safely - That bad language and bad behaviour are inappropriate - That just as what we eat can make us healthy or make us ill, so what we watch, hear, say or do can be good or bad for us and others - How to report and get help if they encounter inappropriate materials or messages

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RSE: What is the church? • The human family reflects the Holy Trinity in charity and generosity • The Church family comprises of home, school and parish (which is part of the diocese)	RSE: When things feel bad • Develop a greater awareness of bullying (including cyber-bullying), that all bullying is wrong, and how to respond to bullying • Learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond	RSE: The sacraments • In Baptism God makes us His adopted children and ‘receivers’ of His love • By regularly receiving the Sacrament of Reconciliation, we grow in good deeds (human virtue). • It is important to make a nightly examination of conscience. • Receiving the Sacraments helps them to develop healthy relationships with others	RSE: How do I love others? • That God wants His Church to love and care for others. • To devise practical ways of loving and caring for others.	RSE: I am thankful • Some behaviour is wrong, unacceptable, unhealthy and/or risky. • Thankfulness builds resilience against feelings of envy, inadequacy, and insecurity, and against pressure from peers and the media	RSE: Safe in my body • To judge well what kind of physical contact is acceptable or unacceptable and how to respond • About different kinds of abuse, including ‘abuse of private parts’ • That there are different people we can trust for help, especially those who care for us, including our teachers and parish priest
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