

Year Four PSHE End Point

Year group	National Curriculum Objectives					
	Autumn 1 <i>Being me in my world</i>	Autumn 2 <i>Celebrating difference</i>	Spring 1 <i>Dreams and Goals</i>	Spring 2 <i>Healthy me</i>	Summer 1 <i>Relationships</i>	Summer 2 <i>Changing me</i>
4	1 I know my attitudes and actions make a difference to the class team  I know how to use my Jigsaw Journal. <b>Positive contribution, collaborate, team</b>	1 I understand that, sometimes, we make assumptions based on what people look like <b>Different Same assume</b>	1 I can tell you about some of my hopes and dreams <b>Proud, Success</b>	1 I recognise how different friendship groups are formed, how I fit into them and the friends I value the most. <b>Friendship, qualities, value.</b>	1 I can recognise situations which can cause jealousy in relationships <b>Feelings, Relationship, Friend</b>	1 I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm. <b>Parents, characteristic, sperm, egg.</b> 2 I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby <b>Male, Female, Vagina, Penis, Testicles, Vulva, Anus,</b> 3 I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this <b>New, Grow, Life cycles, Adulthood, Mature,</b> 4 I know how the circle of change works and can apply it to changes I want to make in my life 5 I can identify changes that have been and may continue to be outside of my control that I learnt to accept <b>Learn, Feelings, Anxious, Worried, Excited, Coping</b> 6 I can identify what I am looking forward to when I move to a new class <b>Changes,</b>
	2 I understand who is in my school community, the roles they play and how I fit in <b>Contribution, Observer,</b>	2 I understand what influences me to make assumptions based on how people look <b>Friends, assume, influence</b>	2 I understand that sometimes hopes and dreams do not come true and that this can hurt <b>Challenge, Feelings</b>	2 I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations. <b>Leader, follow, group</b>	2 I can identify someone I love and can express why they are special to me <b>Family, special</b>	
	3 I understand how democracy works through the School Council <b>School Community, Democracy, Democratic, Decisions, Voting, Authority,</b>	3 I know that sometimes bullying is hard to spot and I know what to do if I think it is going on but I'm not sure <b>Happy, Sad, Frightened, Angry</b>	3 I know that reflecting on positive and happy experiences can help me to counteract disappointment. <b>Experience, happy, remember.</b>	3 I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke <b>Unhealthy, smoking, peer pressure.</b>	3 I can tell you about someone I know that I no longer see <b>Argue, Fall-out, Words</b>	
	4 I understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them <b>Included, Excluded</b>	4 I can tell you why witnesses sometimes join in with bullying and sometimes don't tell	4 I know how to make a new plan and set new goals even if I have been disappointed <b>Learning, Stepping-stones, Process,</b>	4 I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol <b>Safe Medicines, Safe, Safety,</b>	4 I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends. <b>Change, argue, fall out, communicate</b>	
	5 I understand how groups come together to make decisions. <b>Democracy, together, decide.</b>	5 I can identify what is special about me and value the ways in which I am unique <b>Special, Proud, , Kind</b>	5 I know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group <b>Learning, Stretchy, , Obstacle, Overcome, Achieve</b>	5 I can recognise when people are putting me under pressure and can explain ways to resist this when I want. <b>Peer pressure, resist, help</b>	5 I understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older. <b>Special, feelings, love.</b>	
	6 I understand how democracy and having a voice benefits the school community <b>UN Convention on Rights of Child (UNCRC)</b>	6 I can tell you a time when my first impression of someone changed when I got to know them. <b>Assume, pre-judge, first impression.</b>	6 I can identify the contributions made by myself and others to the group's achievement <b>Working together, Team work,</b>	6 I know myself well enough to have a clear picture of what I believe is right and wrong. <b>Morals, confidence, right, wrong.</b>	6 I know how to show love and appreciation to the people and animals who are special to me. <b>Appreciate, value, appropriate affection.</b>	

By the end of Year Four, children will be able to understand their attitudes and actions and how they impact on their class. They will understand the basic concept of democracy and how groups come together to make decisions. Children will understand the term 'assumptions' and what influences people to make these. Children will be able to explain their hopes and dreams and articulate how sometimes these may not come true. They will be able to work out the steps to achieve a goal and work successfully as a group, contributing ideas, to achieve this goal. Children will be able to discuss smoking and alcohol and the affects it can have on health. They will be able to recognise when someone is putting pressure on them. Children will be able to recognise jealousy within friendships and talk about people they may no longer see. Children understand what a boyfriend / girlfriend means and how that relationship is for when they are older. Finally, children will be able to recognise characteristics they get from their parents, label internal and external parts of male and females bodies and describe the changes girls have within their bodies related to menstruation.