

(A) PHSE	Health and Wellbeing: It's my body	Relationships: Be yourself	Relationships: Teams	Health and Wellbeing: Safety First	Living in the Wider World: Respecting Rights	Living in the Wider World: One world
Year 3/4	Autumn (1) 7 Weeks	Autumn (2) 8 Weeks	Spring (1) 6 Weeks	Spring (2) 6 Weeks	Summer (1) 5 Weeks	Summer (2) 6 Weeks
What We Will Learn	This unit, entitled it's My Body, explores the choices pupils can make about looking after their bodies. The lessons look at making safer choices about their bodies, sleep and exercise, diet, cleanliness and substances. Pupils will learn facts about each of these areas and learn strategies on how to manage them. The message of choice and consent runs through the unit and pupils are encouraged to get help from trusted adults when necessary	This unit is about the important to have confidence to be yourself. It aims to enable pupils to identify their strengths and achievements as well as help them to recognise different emotions they experience. They will explore how to express their thoughts and feelings respectfully and how to be assertive when in uncomfortable situations. The pupils will also have an opportunity to explore the influence of the media in how we view ourselves and analyse the reality of these messages.	This unit is inspired by the idea that if a class team works well together, it has a positive impact on all of its members and what they can achieve. It aims to enable the pupils to identify the impact their actions have on the team they are working in. In this unit, pupils learn about successful teamwork skills, being considerate of others in the team and how to positively resolve any conflicts that occur. They will learn about their individual responsibilities towards teams they work in and how new starts, such as starting a new school year, may feel and how they can support each other in this.	In this unit of work, pupils will consider what it means to take responsibility for their own safety. This will include the decisions they make and how they can stand up to peer pressure in a range of situations. They will learn about everyday risks, hazards and dangers and what to do in risky or dangerous situations. They will also learn about road, water and rail safety and dangerous substances: drugs (including medicines), cigarettes and alcohol. Pupils will look at first aid, exploring how to deal with common injuries and what to do to respond to emergency situations.	This unit is based on the concept that living beings have rights-respecting citizens is important. It is inspired by human rights being shared by all people – no matter who they are or where they are from – and that these rights are there to protect all people, enabling them to live happy, safe, healthy and fulfilling lives. This unit helps pupils to understand that no one should take away their rights. It also helps pupils to explore the ideas of equality and discrimination and the consequences of both.	This unit is based on a case study of a fictional girl, who lives in Malawi. They will explore different aspects of her life in each lesson. It is inspired by the idea that people's life experiences and opportunities differ throughout the world and that our actions can have both positive and harmful effects on people living in different countries. It aims to enable the pupils to explore the concepts of inequality and stereotypes and encourages them to reflect on what they can do to help make the world a fairer place.
What We Will Do	Pupils will understand the importance of sleep, exercise and healthy eating. Discuss what happens to muscles when we exercise them. Understand they can choose what happens to their body and know when a 'secret' should be shared. Explain that too much sugar is bad for health. Know the difference between medicine and harmful drugs and chemicals. Explain how germs travel and spread disease. identify ways to protect their bodies from ill health	Pupils will list some of their achievements and say why they are proud of them; identify facial expressions associated with different feelings; describe some strategies that they could use to help them cope with uncomfortable feelings; suggest assertive solutions to scenarios; explain that the messages they receive from the media about how they should look, think and behave are not always realistic; suggest ways to make things right after a mistake has been made; explain that mistakes help them to learn and grow.	Pupils will use pictures to express their thoughts, feelings and worries. Plan and create a role play about a team scenario. With support, read clues and work as a team to solve a crime. With support, identify a feeling and how it is being expressed. Show the resolution to a dispute through pictures and with the key words given. Use a word mat to create a list of good deeds they can contribute.	Pupils will identify and discuss some school rules for staying safe and healthy. List some of the dangers we face when we are using roads, water or railways. Describe drugs, cigarettes and alcohol in basic terms. Identify some common injuries and know they can be treated with first aid. Recognise hazards and dangers in an emergency situation. State 999 as the number to call to seek help in an emergency.	Pupils will discuss what their human rights are. They will understand that all people share the same rights and know about The Universal Declaration of Human Rights and the Declaration of the Rights of the Child. They will know why we have rules and how they help us. They will explain what respect means and understand how they can respect the rights of others. They will discuss and describe what a stereotype is and understand how stereotypes can be harmful.	Pupils will describe similarities and differences between people's lives. Identify opinions that are different from their own. Express their own opinions. Recognise that their actions impact on people in different countries. Know what climate change is. Know there are organisations working to help people in challenging situations in other communities.
Skills Learned	Pupils will be able to recognise signs of illness and be able to understand ways to keep themselves safe and healthy. They will be able to identify a trusted adult when, if necessary.	Pupils will be able to identify a range of different emotions, discuss what makes them unique and consider that everyone is different.	Pupils will be able to identify key skills such as respect, fairness and turn-taking to be able to become a team player. They will be able to discuss conflict and provide a resolution.	Pupils will be able to further develop their knowledge of health and safety to be able to keep themselves safe in their local community. They will be able to identify key dangers and hazards within their home and community.	Pupils will be able to identify discrimination and equality within their community, they will be able to identify their basic human rights and develop their knowledge of right and wrong within society.	Pupils will be able to identify similarities and differences and show empathy and curiosity towards different cultures. They will be able to share their own opinion about inequality.