

# **RSE AND PSHE**

## **MIXED AGE Y3 AND Y4 CYCLE A AND CYCLE B**

Small steps sequences are shown in each unit on Kapow for  
Cycle A and Cycle B

I can statements, assessments and differentiation between Y3  
and Y4 activities for each unit can be found in the pdf with each  
lesson.

*Note: Due to the nature of the lessons and the discussions had within, the lessons may run on to the next half term, but all lessons should be completed within the year.*

	Families and relationships		Health and wellbeing	
	Cycle A	Cycle B	Cycle A	Cycle B
<b>1</b>	Introductory lesson: Setting ground rules and signposting*	Introductory lesson: Setting ground rules and signposting*	My healthy diary	My healthy diary
<b>2</b>	Friendship issues and bullying*	Friendship issues and bullying*	Diet and dental health	Looking after our teeth
<b>3</b>	The effects of bullying and the responsibility of the bystander	Healthy families	Relaxation - stretches	Relaxation - visualisation
<b>4</b>	Stereotyping - Gender*	Stereotyping - Gender*	Wonderful me	Meaning and purpose - my role
<b>5</b>	Stereotyping - Age/disability*	Stereotyping - Age/disability*	My superpowers	Resilience: breaking down problems
<b>6</b>	Healthy friendships - boundaries	How my behaviour affects others	Celebrating mistakes	Emotions
<b>7</b>	Learning who to trust	Effective communication to support relationships	My happiness	Mental health
<b>8</b>	Respecting differences*	Respect and manners		
<b>9</b>	Change and loss - bereavement*	Respecting differences		

	Safety and the changing body		Citizenship	
	Cycle A	Cycle B	Cycle A	Cycle B
1	Be kind online	Fake emails	Recycling / reusing*	Recycling? reusing*
2	Cyberbullying	Internet safety: age restrictions	Local community buildings and groups*	Local community buildings and groups*
3	Share aware	Consuming information online	Local council and democracy*	Local council and democracy*
4	Privacy and secrecy	Tobacco	Rules	Diverse communities
5	First Aid: Bites and stings	First Aid: asthma	Rights of the child*	Rights of the child
6	Choices and influences*	Choices and influences*	Human rights	Charity
7	Year 3: First Aid: Emergencies and calling for help Year 4: Introducing puberty	Year 3: First Aid: Emergencies and calling for help Year 4: Introducing puberty		
8	Year 3: Road safety Year 4: Growing up	Year 3: Road safety Year 4: Growing up		

Economic Wellbeing		
	Cycle A	Cycle B
1	Spending choices*	Spending choices*
2	Budgeting*	Budgeting*
3	Money and emotions *	Money and emotions *
4	Jobs and careers*	Jobs and careers*
5	Gender and careers	Jobs for me
Transition		
	Cycle A	Cycle B
1	Coping strategies*	Coping strategies*

Big Question: Why is family so important?

**Year 3 - Families and relationships**

<b>Bullying</b>	To cause repeated physical or emotional pain to somebody.
<b>Communicate</b>	To interact with other people through words or body language.
<b>Empathy</b>	To be considerate and understanding of other people's feelings.
<b>Open questions</b>	Questions that do not have simple one word answers.
<b>Similar</b>	Something that is nearly the same as another thing.
<b>Solve</b>	To find an answer to a problem.
<b>Stereotype</b>	A view or idea about something, often someone, which is often untrue.
<b>Sympathy</b>	Feeling sad for someone when something bad happens to them.
<b>Trust</b>	Relying on someone to do something for you, such as keeping a secret or keeping something safe for you.

**Key facts**

Families help each other in different ways.

Families sometimes experience problems and if they can't solve these themselves, there are other people who can help.

Friendships have ups and downs but these can be overcome. Violence is not an answer to friendship problems.

Bullying can be physical or emotional and is repeated. Bullying can happen online as well as face to face.

There are similarities and differences between people.

Stereotypes can have a negative impact as they can make people think they cannot do certain things.

People can communicate in ways other than talking.

Listening is as important as talking for good communication.

Trust is an important part of a relationship and we trust different people for different things.

**Getting help**

Talk to an adult you trust either at school or at home.

**Contact:** Childline  
[www.childline.org](http://www.childline.org) | 0800 1111  
 Calls DO NOT show on the phone bill



## Year 4 - Families and relationships

Act of kindness	Doing something nice for someone.
Authority	A person with high status and decision making power.
Bereavement	Mourning or grieving somebody who has died.
Bullying	To cause repeated physical or emotional pain to somebody.
Bystander	Someone who watches something happening without getting involved.
Manners	A way of behaving that shows respect for other people.
Permission	Allowing someone to do something once they have asked first.
Respect	Being thoughtful and polite towards other people.
Stereotype	A view or idea about something, often someone, which is often untrue.

## Key facts

Different manners are needed in different situations.

Everyone should be respected, especially people who have a position of authority such as police and teachers.



People have different boundaries and we should respect these.

Your body belongs to you and you have the right to decide what happens to it.



Gender stereotypes can have an impact on how people see themselves and what they think they can do.

Families in different parts of the world have different ways of living.

There are different ways we can help people when someone close to them has died.

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How we behave can have a positive impact on other people, for example saying something kind or helping them.



How we behave can have a negative impact on other people, for example saying nasty things or not letting them join in.

Big Question: What does it mean to have a happy and fulfilling life?

### Year 3 - Health and wellbeing

Alone	Being by yourself.
Balance	A variety of different things.
Barriers	Obstacles that stop us from reaching our goals.
Belonging	Feeling comfortable and at home in a certain situation or place.
Barriers	Obstacles that stop us from reaching our goals.
Diet	The food that we eat.
Healthy	Being well, both physically and mentally.
Identity	Who someone is, how they define themselves.
Lonely	Feeling sad because you are alone.
Relax	To rest or take a break.
Resilience	A willingness to keep trying even when things become very hard.
Stretch	Loosening and extending the muscles.

### Key facts



Relaxation helps keep our body and mind healthy.  
Stretches are one way to relax.

Lots of things make up our identity, including the groups we belong to.



We all have different strengths and we can use these to help others.

Breaking problems down can help us to solve them.

### Health tips



Keeping a diary can help us have a healthy lifestyle.



Eat **five** portions of fruit and vegetables every day.



Brush your teeth at least twice a day.



Belonging can help us to feel happy.



We need foods from different groups to keep us healthy.

### Getting help

If you are worried about anything, talk to an adult you trust at home or at school.



## Year 4 - Health and wellbeing

Fluoride	A chemical found in toothpaste that helps keep our teeth strong and healthy.
Healthy	Being well, both physically and mentally.
Mental health	Our emotional wellbeing.
Negative emotions	Emotions which make us feel sad or angry.
Positive emotions	Emotions which make us and others around us feel happy.
Relaxation	Doing calming activities such as having a bath or reading a book.
Resilience	A willingness to keep trying even when things become very hard.
Skill	The ability to do something well.
Visualise	To create an image of something in the mind.

### Health tips

Visit a dentist regularly to make sure your teeth are healthy.

Keep a diary of things which happen to you and how they make you feel.

Your physical and mental health are equally important and there are things you can do to look after them both.

### Getting help

Talk to an adult you trust either at school or at home.

Contact: Childline  
www.childline.org | 0800 1111  
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### Key facts



There are number of things we can do to keep our teeth healthy including: brushing twice a day, visiting the dentist, avoiding sugary food and drinks and using a fluoride toothpaste.



Visualising a special place can help us to relax and deal with problems.

We can learn from our mistakes.

We can all learn new skills.



Different things make different people happy.



Emotions can be positive and negative and we need to learn to deal with both.

Sometimes, people have problems with their mental health. If they do, there are people who can help them.



**Year 3 - Safety and the changing body**

Allergic	Having a reaction to something, e.g. food or a substance.
Anaphylaxis	A severe allergic reaction to something.
Bullying	To cause repeated physical or emotional pain to somebody.
Casualty	Someone who has been injured.

Cyberbullying	
Bullying that happens online.	
It is important to be kind online as well as face to face.	

Fake	Something that is not real.
Influence	To have an effect on someone's decision.

**Getting help**

**In an emergency, call 111 or 999.**



If you are worried about something, talk to an adult you trust at home or at school.

**Contact: Childline**  
[www.childline.org](http://www.childline.org) | 0800 1111 | Calls **DO NOT** show on the phone bill.

**Key concepts**

Some people can have an allergic reaction to a bite or a sting. If this happens, you need to get help as quickly as possible.

Some emails are fake and we should not reply or click on links if we do not know who they are from.

There are some choices we can make for ourselves, and other things will be decided for us.

Other people might influence the choices we make.



**Safety tips**

If you receive a suspicious email, mark it as spam, delete it or report it to an adult.

If you are not sure about a decision, talk it over with someone you trust.




When we cross the road we need to remember to:

**Stop** , **Look**  and **Listen** .

## Year 4 - Safety and the changing body

Age restriction	Something that is restricted from access until a user turns a particular age.
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<b>Asthma</b>	
A common lung condition that causes breathing problems.	
If someone is having an asthma attack, keep them calm and help them to use their inhaler.	

Law	Rules enforced by the government that define what we can and cannot do.
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Tobacco	A plant grown for its leaves which contains a highly addictive drug called 'nicotine'.
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Breasts	Enlarged soft parts of a female's chest which produce milk for a baby.
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Genitals	The external sex organs. This word is used for both males and females.
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Hygiene	Keeping clean.
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Penis	The male external sex organ.
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Puberty	The physical and emotional changes a child goes through to become an adult.
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Testicles/testes	Produce sperm and male sex hormones.
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### Getting help

In an emergency, call 111 or 999.

If you are worried about something, talk to an adult you trust at home or at school.

Contact: Childline

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### Key concepts

Age restrictions are there to protect children.

Some adults choose to smoke tobacco and this can harm their bodies.



Surprises are positive as they are usually something nice. Secrets are often negative as they are things people want to hide.



Search engines do not always list the most useful or reliable websites first.

Sharing information and images on the internet can be risky.

When you look for information online, think about whether the website is reliable.

Remember the **PANTS** rule:

- P** - Privates are private
- A** - Always remember your body belongs to you
- N** - No means no
- T** - Talk about secrets that upset you
- S** - Speak up - someone can help



Big Question: *Are all citizens equal?*

### Year 3 - Citizenship

Charity	An organisation that raises money for those in need.
Community	A group of people living in the same area.
Consequence	The result of an action, usually one that is negative or involves punishment.
Council	A group of people who manage a city, county or organisation.
Councillor	A member of a council.
Democracy	A system of government where everyone can vote for who they want to represent them.
Environment	The local surroundings or place a person lives or works in.
Law	Rules enforced by government that define what we can and cannot do.
Recycling	Converting waste into reusable materials.
Responsibility	Being in charge of our own actions.
Rights	A set of actions and principles that are entitled to someone.
UN/United Nations	An international organisation founded in 1945 after World War 2 which aims to maintain international peace and security, human rights and better standards of living.

### Key facts



The United Nations has created a set of rights for children in those countries who have agreed to sign up to them.



The rights of the child cannot be taken away and adults have a responsibility to make sure children enjoy their rights.

There are local charities who help people in our community.

The courts look after the local area and make decisions.



People vote for the people they want to be on the council during an election.

If people decide to break rules there are likely to be consequences.

Recycling materials helps the environment by reducing rubbish in landfill and reducing the use of raw materials.



There are buildings in our community which are used by different groups for example places of worship, libraries and schools.





## Year 4 - Citizenship

Authority	A person with high status and decision making power.
Cabinet	A group of councillors who have responsibility for different things.
Community	A group of people living in the same area.
Council	A group of people who manage a city, county or organisation.
Councillor Officer	A person who works for the council, not an elected member.
Councillor	A member of a council.
Diversity	Recognising and valuing difference.
Environment	The local surroundings or place a person lives or works in.
Human Rights	Specific rights which belong to every person.
Local Government	The elected party who govern and make decisions for a local area.
Protect	To keep someone safe from something.
Reuse	Use something more than once.
Un/United Nations	An international organisation founded in 1945 after World War 2 which aims to maintain international peace and security, human rights and better standards of living.
Volunteer	A person who offers to help out with tasks or activities without getting paid.

Reusing things is better for the environment because it reduces waste and means less new things need to be made

Local councillors represent local people and a big part of their role is to make things better for people who live in their area

## Key facts

Kapow  
Primary

The United Nations developed a set of human rights which apply to everyone



A community can be a group of people with something in common such as living in the same area or having the same religion.

Community groups often work across large areas of the country and provide lots of different services for people



People can set up their own community groups to help in a certain area, for example the environment or activities for certain groups

Communities are made up of lots of different people and working together makes a strong community

**Year 3 - Economic Wellbeing**

Budget	a specific and limited amount of money you have to manage or spend.
Expense	The cost of something.
Feeling	The physical or emotional response to something.
Qualification	The skills or experience you have.
Save	Keeping money for something special or for the future.
Spend	Buying something with money.
Stereotype	A view or idea about something, often someone, which is often untrue.

There are lots of different jobs available and we can decide what we might want to do.

Sometimes people think some jobs are only for males or only for females. This is not true and anyone can do a job if they are qualified.



Midwife



Computer developer



Police officer



Army soldier



Hairdresser



Football manager



Mechanic



Illustrator



**Key facts**

There are different ways to pay for things we buy



You need to have the money available however you choose to pay for something.

Money can cause us to have different feelings. These can be good and bad feelings.

A budget can help us to plan how we spend and save money.

+£50.00  
-£10.00  
-£10.00  
-£5.00

**Total**  
**£25.00**



## Year 4 - Economic Wellbeing

Banks balance	How much money is in an account after money has been put in and taken out
Bank statement	Regular update on the money which has gone in and out of a bank account and shows your bank balance.
Career	A job in one area of work that is undertaken for a long period of time
Debit card	A card used to buy things where the money is taken straight from the bank account

People think about different things when deciding if something is good value for money, such as how much it costs, how long it will last for and the impact on the environment.



## Key facts

Kapow  
Primary



Keeping track of money is important to make sure you have enough money for what you need.



Money can be lost in different ways, such as misplacing it, having it stolen or lending it to someone and not getting it back



Lots of different things can influence the job or career someone chooses.



**Y3/4 – RSE & PSHE CYCLE A SUMMER 2 KEY DRIVER: Healthy mind, healthy body (Wisdom and Peace)**

**Big Question: *What helps me choose well?***

## **TRANSITION**

To create goals to achieve in Year 4 (Y3)

To understand the strategies people use to cope with change (Y4)

Y3 - This lesson is to help the children identify achievements this year, set themselves goals, know who to talk to if they are worried about anything.

Y4 – This lesson is to help the children understand that there are different strategies they can use to deal with change, explain the opportunities and responsibilities that change might bring.