

PSHE and RSE Overview - Year 4

PSHE - Jigsaw

RSE - TenTen

	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 Me, my body, my health
Week 1	Jigsaw Lesson 1 PSHE: Becoming a class team - I know my attitudes and actions make a difference to the class team - I know how to use my Jigsaw Journal - I know how good it feels to be included in a group and understand how it feels to be excluded - I try to make people feel welcome and valued	Jigsaw Lesson 1 PSHE: Judging by appearances - Understand that, sometimes, we make assumptions based on what people look like - Try to accept people for who they are	Jigsaw Lesson 1 PSHE: Hopes and dreams - Can tell you about some of my hopes and dreams - Know how it feels to have hopes and dreams	Jigsaw Lesson 1 PSHE: My friends and me - Recognise how different friendship groups are formed, how I fit into them and the friends I value the most - Can identify the feelings I have about my friends and my different friendship groups	Jigsaw Lesson 1 PSHE: Jealously - I can recognise situations which can cause jealousy in relationships - I can identify feelings associated with jealousy and suggest strategies to problem-solve when this happens	RSE: Module 1, unit 2, session 3 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.
Week 2	Jigsaw Lesson 2 PSHE: Being a school citizen - I understand who is in my school community, the roles they play, how I fit in and how I can contribute - I can take on a role in a group and contribute to the overall outcome	Jigsaw Lesson 2 PSHE: Understanding influences - Understand what influences me to make assumptions based on how people look - Can question why I think what I do about other people	Jigsaw Lesson 3 PSHE: Overcoming disappointment - I know how to cope with disappointment and find ways to move forward - I can respect myself and notice how coping builds my self-esteem and resilience	Jigsaw Lesson 2 PSHE: Staying safe with friends - I understand how peer influence can lead to unsafe choices, including fire risks and risky behaviour, and know how to reduce risks and ask for help - I can recognise feelings of embarrassment, pressure or wanting to fit in that might stop me making safe choices, and know how to manage these feelings to keep myself safe	Jigsaw Lesson 2 PSHE: Love and loss - I can identify someone I love and can express why they are special to me - I know how most people feel when they lose someone or something they love	RSE: Module 1, unit 2, session 4 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

PSHE and RSE Overview - Year 4

PSHE - Jigsaw

RSE - TenTen

Week 3	Jigsaw Lesson 4 PSHE: Rewards and consequences - I understand that my actions affect myself and others - I care about other people's feelings and try to empathise with them - I understand how rewards and consequences motivate people's behaviour	Jigsaw Lesson 3 PSHE: Understanding bullying - Know that sometimes bullying is hard to spot and I 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	Jigsaw Lesson 4 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	Jigsaw Lesson 6 PSHE: Celebrating my inner strength and assertiveness - Know myself well enough to have a clear picture of what I believe is right and wrong - Can tap into my inner strength and know how to be assertive	Jigsaw Lesson 3 PSHE: Memories - I can tell you about someone I know that I no longer see - I understand that we can remember people even if we no longer see them	RSE: Module 1, unit 2, session 5 Discussion groups Continuation of 'changing bodies'.
Week 4	Jigsaw Lesson 5 PSHE: Our learning charter - I understand how groups come together to make decisions - I take on a role in a group and contribute to the overall outcome	Jigsaw Lesson 5 PSHE: Special me - Can identify what is special about me and I can value the ways in which I am unique - Like and respect the unique features of my physical appearance	Jigsaw Lesson 5 PSHE: Achieving goals - I know how to work out the steps to take to achieve a goal, and do this successfully as part of a group - I can enjoy being part of a group challenge	RSE: Module 2, unit 4, session 2 Drugs alcohol and tobacco - Understand the effect that a range of 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.	Jigsaw Lesson 4 PSHE: Getting on and falling out - I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends - I know how to stand up for myself and how to negotiate and compromise	RSE: Module 1, unit 4, session 1 Life cycles - That they were handmade by God with the help of their parents. - 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 and RSE Overview - Year 4

PSHE - Jigsaw

RSE - TenTen

Week 5	Jigsaw Lesson 6 PSHE: Owning our learning charter - I understand how democracy and having a voice benefits the school community - I understand why our school community benefits from a Learning Charter and can help others to follow it	Jigsaw Lesson 6 PSHE: Celebrating difference – How we look - Can tell you about a time when my first impression of someone changed when I got to know them - Can explain why it is good to accept people for who they are	Jigsaw Lesson 6 PSHE: We did it! - Can 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 successful experience in my internal treasure chest	RSE: Module 2, unit 4, session 3 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.	Jigsaw Lesson 5 PSHE: Girlfriends and boyfriends - I understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older - I understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/girlfriend	RSE: Module 2, unit 3, session 2 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
Week 6	RSE: Module 3, unit 1, session 2 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: Module 2, unit 2, session 2 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: Module 1, Unit 1, session 2 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: Module 3, unit 2, session 1 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: Module 1, unit 3, session 3 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

Life to the Full - Overview

LKS2

Stage	Module 1 Created and Loved by God				Module 2 Created to Love Others				Module 3 Created to Live in Community	
Topic	Unit 1 Religious Understanding	Unit 2 Me, My Body, Emotional My Health	Unit 3 Emotional Well-Being	Unit 4 Life Cycles	Unit 1 Religious Understanding	Unit 2 Personal Relationships	Unit 3 Life Online	Unit 4 Keeping Safe	Unit 1 Religious Understanding	Unit 2 Living in the Wider World
LKS2	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity	Unit Prayer & Assessment Activity
	Story Sessions Get Up!	Session 1 We Don't Have to Be the Same	Session 1 What Am I Feeling?	Session 1 Life Cycles	Story Sessions Jesus, My Friend	Session 1 Family, Friends and Others...	Session 1 Sharing Online	Session 1 Safe in My Body	Session 1 A Community of Love	Session 1 How Do I Love Others?
	Session 2 The Sacraments	Session 2 Respecting Our Bodies	Session 2 What Am I Looking at?	Session 2 A Time for Everything		Session 2 When Things Feel Bad	Session 2 Chatting Online	Session 2 Drugs, Alcohol and Tobacco	Session 2 What is the Church?	
		Session 3 What is Puberty?	Session 3 I am Thankful					Session 3 First Aid Heroes		
		Session 4 Changing Bodies								
		Session 5 Male/ Female Discussion Groups (optional)								

PSHE and RSE Overview - Year 4

PSHE - Jigsaw

RSE - TenTen

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships
Ages 8-9	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol and vaping Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting and Falling Out Girlfriends and Boyfriends Showing appreciation to people and animals