

3D PSHE Long-term Matrix Year 4

Autumn 1

Core Theme	Unit	Objectives	Lesson Guidance
1. Health & Well-being	Unit 6 Safety	<ul style="list-style-type: none"> To use ICT safely including using software features and settings To know how information and data is shared and used online 	Lesson 4 Online Privacy: It's personal
1. Health & Well-being	Unit 6 Safety	<ul style="list-style-type: none"> To know that for most people the internet is an integral part of life and has many benefits To know about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing 	Lesson 5 Internet Use: Online Usage
1. Health & Well-being	Unit 6 Safety	<ul style="list-style-type: none"> To know why social media, some computer games and online gaming, for example, are age restricted To know where and how to report concerns and get support with issues online 	Lesson 6 Internet Use: Age Limits
3. Living in The Wider World	Unit 3 Discrimination	<ul style="list-style-type: none"> To know and understand the terms 'discrimination' and 'stereotype' Challenge stereotypes relating to gender and work 	Lesson 1 Gender Stereotypes: His and Hers

Autumn 2

Core Theme	Unit	Objectives	Lesson Guidance
2. Relationships	Unit 3 Bullying	<ul style="list-style-type: none"> • To know how to recognise the difference between isolated hostile incidents and bullying • To recognise how attitude, behaviour and peer pressure can influence choice and behaviour, including dealing with bullying 	Lesson 1 Reactions: Frustration
2. Relationships	Unit 3 Bullying	<ul style="list-style-type: none"> • To understand what self-esteem is and why it is important 	Lesson 2 Self- Worth: I'm a Marvel!
2. Relationships	Unit 3 Bullying	<ul style="list-style-type: none"> • To understand the terms 'resilience' and 'persistence' and why these character traits are important • To face new challenges positively and know when to seek help 	Lesson 3 Persistence and Resilience: Don't Give Up
2. Relationships	Unit 3 Bullying	<ul style="list-style-type: none"> • To know how to recognise bullying behaviour • To recognise right and wrong, what is fair and unfair and explain why • To understand the nature and consequences of negative behaviours such as bullying, aggressiveness 	Lesson 4 Negative Persistence: Over and Over
1. Health and Wellbeing	Unit 5 Emotions	<ul style="list-style-type: none"> • To know how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. 	Lesson 5 Feelings: Overreacting

Spring 1

Core Theme	Unit	Objectives	Lesson Guidance
1. Health and Wellbeing	Unit 3 Nutrition and Food	<ul style="list-style-type: none">• To know where different foods come from	Lesson 1 A Balanced Diet: Plant or Animal?
1. Health and Wellbeing	Unit 3 Nutrition and Food	<ul style="list-style-type: none">• To know about and understand the function of different food groups for a balanced diet	Lesson 2 A Balanced Diet: Balancing Act
1. Health and Wellbeing	Unit 3 Nutrition and Food	<ul style="list-style-type: none">• To identify the range of jobs carried out by the people they know• To reflect on the range of skills needed in different jobs	Lesson 3 Working with Food: Master Chef
1. Health and Wellbeing	Unit 3 Nutrition and Food	<ul style="list-style-type: none">• To learn to prepare and cook a variety of dishes• To work co-operatively, showing fairness and consideration to others	Lesson 4 Working with Food: Our Food Hall

Spring 2

Core Theme	Unit	Objectives	Lesson Guidance
2. Relationships	Unit 1 Communication	<ul style="list-style-type: none">• To talk about their views on issues that affect themselves and their class	Lesson 3 Responding to Others: Agony Aunts
2. Relationships	Unit 1 Communication	<ul style="list-style-type: none">• To know how to communicate their opinions in a group• To listen to and show consideration for other people's views	Lesson 4 Expressing Opinions: It's Debateable
1. Health and Wellbeing	Unit 5 Emotions	<ul style="list-style-type: none">• To develop strategies for managing and controlling strong feelings and emotions	Lesson 3 Loss/Separation: Left Behind
1. Health and Wellbeing	Unit 5 Emotions	<ul style="list-style-type: none">• To understand that family units can be different and can sometimes change	Lesson 4 Family Changes: Two Homes

Summer 1

Core Theme	Unit	Objectives	Lesson Guidance
1. Health and Wellbeing	Unit 4 Aspirations	<ul style="list-style-type: none"> To understand that everyone has different strengths and weaknesses 	Lesson1 Identified Strengths: I'm Good at That
1. Health and Wellbeing	Unit 5 Emotions	<ul style="list-style-type: none"> To learn about the importance of self-respect and how this links to their own happiness 	Lesson 6 Self-Respect: Let's Rock
1. Health and Wellbeing	Unit 4 Aspirations	<ul style="list-style-type: none"> To know how to set realistic targets To self-assess, understanding how this will help their future actions 	Lesson 2 Identified Strengths: Future Me
1. Health and Wellbeing	Unit 4 Aspirations	<ul style="list-style-type: none"> To understand how to break down the steps needed to achieve a goal 	Lesson 3 Setting Goals: That's My Goal
1. Health and Wellbeing	Unit 4 Aspirations	<ul style="list-style-type: none"> To identify and talk about their own and others' strengths and weaknesses and how to improve To reflect on the range of skills needed in different jobs 	Lesson 4 Setting Goals: The Impossible Dream

Summer 2

Core Theme	Unit	Objectives	Lesson Guidance
2. Relationships	Unit 4 Similarities and Differences	<ul style="list-style-type: none"> To understand how we are all connected by our similarities To recognise and respect similarities and differences between people 	Lesson 1 Connections: Paper Chains
2. Relationships	Unit4 Similarities and Differences	<ul style="list-style-type: none"> To know and understand how the make-up of family units can differ To empathise with another viewpoint 	Lesson 2 Family Links: Family Tree
2. Relationships	Unit4 Similarities and Differences	<ul style="list-style-type: none"> To understand and appreciate the range of different cultures and religions represented within school To learn about the need for tolerance for those of different faiths and beliefs 	Lesson 3 Religious Views: Faith Findings
2. Relationships	Unit 4 Similarities and Differences	<ul style="list-style-type: none"> To understand the term 'diversity' and appreciate diversity within school To recognise and challenge stereotyping and discrimination 	Lesson 4 Celebrate Diversity: Inside Outside
3. Living in The Wider World	Unit4 Economic Awareness	<ul style="list-style-type: none"> To learn about and reflect on their own spending habits / choices To understand why financial management and planning is important from a young age 	Lesson 1 Money Choices: A Million Dollars
3. Living in The Wider World	Unit 4 Economic Awareness	<ul style="list-style-type: none"> To learn about and reflect on their own spending habits / choices To understand why financial management and planning is important from a young age 	Lesson 2 Managing Money: Design Choices