



PSHE Plan Overview Year 3 and 4



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Week 1	Understand transitions: expectations, rules, rewards & consequences.	Understand how to act assertively to resist pressure to do something dangerous, naughty or unhealthy.	Debate topical issues from the news.	Understand the rights and responsibilities we have at home and school.	Understand how to look and sound friendly and act politely; understand how to listen well and give and receive compliments	Recognise and respond to others' feelings.
Week 2	Understand school rules about health and safety/first aid – how and when to get help.	Understand how to reflect on achievements and plan for improvements.	Suggest solutions to topical issues from the news.	Understand the rights and responsibilities we have in the community.	Understand how to give constructive feedback to others and how this helps them.	Recognise different types of relationships – friends, family, acquaintances and partners.
Week 3	Understand how to identify strengths and areas for improvement, setting high aspirations and goals.	Recognise and predict risks in different everyday situations.	Understand the purpose of rules in school and how they are enforced.	Understand the rights and responsibilities we have towards the environment.	Understand how to respectfully disagree in the context of a discussion about a topical issue.	Understand that their actions within relationships affect themselves and others.
Week 4	Understand how to describe good and bad feelings and explain the intensity of their feelings.	Understand what habits are and why they might need to change/be hard to change.	Understand how laws are made nationally and how they are enforced.	Understand that the UK is formed of several nations & regions.	Understand how to use assertive language to address a problem	Understand when relationships might be harmful and what to do.
Week 5	Understand when they might need to overcome their emotions (in context of 'we brush off our worries' rule).	Understand that friendships may change/we may fall out.	Understand how adults can affect what laws we have.	Understand that the UK has many different religions and non-religious people.	Understand when it is right and wrong to keep secrets.	Understand the difference between appropriate and inappropriate touch in different relationships.
Week 6	Understand pressure to behave in unacceptable ways and how to resist it.	Understand that our families may change (e.g divorce/birth) and how this might make us feel.	Understand behaviour as a series of choices and discuss which choices are the right ones.	Understand that the UK has people of many different ethnic groups within it.	Understand how to look and sound friendly and act politely; understand how to listen well and give and receive compliments	Understand when it is right and wrong to keep secrets.