



PSHCE New Assembly Plan Autumn 1

Year 3 and 4



R= relationships

H & W =Health and Well-being

LWW =Living in the Wider World

	Session Objective	Core Learning: Relationships
Week 1	Understand transitions: expectations, rules, rewards & consequences. LWW	<ul style="list-style-type: none"> - Discuss anxiety related to being in a new year-group. - Go through behaviour systems, rewards and consequences. - Discuss the idea of good and bad choices - that we can choose how we behave in different situations.
Week 2	Understand that there are different types of relationships. R	<ul style="list-style-type: none"> - Discuss the different types of relationships there are (friendships, family relationships, romantic relationships) - What are the positive aspects to these relationships? How can these people help us? - Discuss why friends are important to us and what emotions we feel when we play with our friends.
Week 3	To understand there are different types of relationships R	<ul style="list-style-type: none"> - Introduce the idea that there are all different types of relationships, people can be attracted to someone of the same or different sex. - Discuss the vocabulary associated with different relationships, e.g gay, lesbian, transgender - Explain that some people have different gender identity and sexual orientation and that we treat everyone equally.
Week 4	To recognise there are different family structures. To recognise shared characteristics of healthy family life. R	<ul style="list-style-type: none"> - Introduce the idea of different family structures, e.g single parents, same-sex parents, step-families, blended families, foster parents. - Discuss the idea that all family types can give love, security and stability. - Ask the children why family is important. Ensure the children recognise that if family relationships are making them feel unhappy or unsafe, they can seek help or advice. Explain the people that are available to help.
Week 5	To understand what constitutes a positive healthy relationship. To understand risks with friendships online. R	<ul style="list-style-type: none"> - Brainstorm what qualities we look for in a friend e.g mutual respect, trust, loyalty, sharing experiences and interests. Explain that the same qualities apply to relationships online as well. What risks can we face communicating with others online? - Create a checklist of what things can keep us safe when communicating with others online and who we can talk to if you need help.
Week 6	To recognise that friends can change over time. R	<ul style="list-style-type: none"> - Explore the idea that friendships have up and downs. Discuss how friendships can change over time, about making new friends and the benefits of having different types of friends. - Discuss strategies for recognising and managing peer influence and a desire for peer approval. - Show some different scenarios of peer pressure and brainstorm how to deal with these situations.



PSHCE New Assembly Plan Autumn 2

Year 3 and 4



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	Session Objective	Core Learning: Focus on anti-bullying, online safety and respecting ourselves this half term.
Week 1	To understand what bullying is and the consequences of hurtful behaviour. R	<ul style="list-style-type: none"> - Share videos to define what bullying means. - Ask children to share examples of times when they may have been bullied. How did they feel? - Show some different scenarios of bullying. How do we know if it is bullying? Who can we tell if we are being bullied?
Week 2	To understand what online safety is and how to report concerns. R	<ul style="list-style-type: none"> - Discuss the different types of bullying that can happen online (name calling, trolling, teasing, excluding others deliberately) - Talk about which websites are child friendly and discuss age restrictions on certain websites e.g facebook - Know how to manage any concerns online and who to talk to if you have any concerns.
Week 3	To understand the different types of physical contact and what is appropriate. To understand when it is appropriate to keep secrets. R	<ul style="list-style-type: none"> - Discuss which physical contact is appropriate. How would you greet your friends, adults you do not know? - Discuss when it is appropriate to keep a secret and when it is not (e.g a birthday surprise that others will find out about). What is appropriate touch? - Explore who you can talk to if something makes you uncomfortable. Discuss what the NSPCC are used for. - Explore what actions you can take if something makes you uncomfortable online.
Week 4	To recognise ways we are the same and different. To recognise the importance of self-respect. R	<ul style="list-style-type: none"> - Brainstorm the ways we are the same and ways we are different. Characterise what makes each one of us special. - Get some of the children to explain what makes them special. - Talk about what self-respect means and how this can affect their thoughts and feelings about themselves.
Week 5	To understand that personal behaviour can affect other people. R	<ul style="list-style-type: none"> - Recap from KS1: what is kind and unkind behaviour? - Create a checklist of how we can listen to others and play and work cooperatively. - Discuss how we can model respectful behaviour in school, at home and online.
Week 6	To discuss and debate topical issues and learn to respect other people's point of view. R	<ul style="list-style-type: none"> - Find a topic of debate that is relevant to the news at the moment. - Pose a question for children to debate. - Help children to debate respectfully and use the language to agree and disagree.



PSHCE New Assembly Plan Spring 1

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	Session Objective	Core Learning: Healthy eating and lifestyles (also linked in Health Week)
Week 1	To explore the elements of a balanced diet. H&W	<ul style="list-style-type: none"> - Ask the children what makes a balanced diet. - Discuss what food groups we need to eat and how often. Demonstrate with the food pyramid. - What would be a healthy meal to cook for dinner? - Talk about obesity and how we can avoid it.
Week 2	To explore ways we can stay healthy. H&W	<ul style="list-style-type: none"> - Talk about ways we can stay healthy apart from food. - Discuss going to the dentist regularly to avoid tooth decay and getting enough sleep each night. - Talk about why exercise is so important and ways we can be active each day. - Discuss why routines are a good habit to get into daily.
Week 3	To Understand that bacteria and viruses affect health and following simple rules can reduce their spread. H&W	<ul style="list-style-type: none"> - Discuss simple hygiene routines that can stop germs from spreading e.g covering our noses when sneezing, putting tissues in the bin. - . Discuss the wider importance of personal hygiene and how to maintain it. - Show the children the correct way to wash your hands using a video to help. - Talk about basic viruses e.g common cold.
Week 4	To understand what is meant by first aid. To know who to call in an emergency. H&W	<ul style="list-style-type: none"> - Ask the children what is meant by the word first aid - can you make up a definition? - Explain what common injuries may need first aid - bruises, scalds, bleeds etc. - Give children different scenarios to discuss. What is the best way to deal with these injuries? Tell an adult, do not leave them unattended where possible. Talk about calling 999 in an emergency. - Talk about how important it is to take medicines correctly.
Week 5	To understand that mental health, like physical health, is part of everyday life. H&W	<ul style="list-style-type: none"> - Discuss different emotions that we may experience in our life. If we have an emotion such as anger, what is the correct way to express it in school? What strategies can we use with dealing with negative emotions? - Who can we talk to if we need help? - Show the children some different strategies to help with mental health e.g hobbies, getting enough sleep.
Week 6	To develop problem solving strategies for dealing with different emotions. H&W	<ul style="list-style-type: none"> - Explain that in life we can feel a range of emotions and this is normal, it is about how we deal with these emotions effectively. - Pose some different scenarios to children where people how to deal with different emotions or change e.g changing to new year group. - Discuss what different emotions we may feel in these situations. Who could we talk to about these emotions?



PSHCE New Assembly Plan Spring 2

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	Session Objective	Core Learning: Keeping ourselves safe.
Week 1	To understand how to identify strengths and areas for improvement, setting high aspirations and goals. H&W	<ul style="list-style-type: none"> - Discuss the idea that we are have strengths and weakness. - Discuss the idea that everyone can improve - give examples of sports people etc. - Discuss the children's goals and aspirations for the year. - Give children sentence openers to help them speak about their goals and how they are going to achieve them.
Week 2	To understand personal identity and who we are. H&W	<ul style="list-style-type: none"> - Talk about what about contributes to personal identity - ethnicity, family, gender, culture, hobbies. - Identify that for some people, gender identity does not correspond with their biological sex. - Explain that we need to recognise other people's individuality and personal qualities. How do we respect each other?
Week 3	To recognise and predict risks in everyday situations. H&W	<ul style="list-style-type: none"> - Discuss what health and safety means. - Pose everyday risks we may face and ask children to identify what risks they see. - Talk about household products and how to use them safely (reading instructions carefully)
Week 4	To recognise risks when we are out in the local environment. H&W	<ul style="list-style-type: none"> - Ask children to identify any hazards they might find when they out in the local environment. - Discuss road safety and how to stay safe in unfamiliar places (near water, rail) - Talk about how to use digital devices safely outside (no phones when crossing the road)
Week 5	To understand how to keep ourselves safe online. H&W	<ul style="list-style-type: none"> - Recap on online safety. - Discuss reasons there are restrictions on certain games and films. - Talk about keeping personal information safe and know what to do if someone asks for personal images of you. - If you are worried by something you have seen online, what can you do? Who can you talk to?
Week 6	To understand the risks of drugs and alcohol* H&W	<ul style="list-style-type: none"> - Discuss the risks of alcohol and drugs, both legal and illegal and the impact on your health. - Explain some of the reasons people choose to use or not use drugs. - Talk about the fact that drugs are addictive and can be a difficult habit to break.

*Week 6 covers the risks of drugs and alcohol. This is also covered in Health week.



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	Session Objective	Core Learning: Shared responsibilities and Communities.
Week 1	To recognise there are laws in every country. LWW	<ul style="list-style-type: none"> - Explain that there are laws and rules in each country. Ask children to name a few they can remember. - Talk about voting and how adults can influence the laws by voting. - Talk about the role of parliament and the House of Commons.
Week 2	To understand our rights and responsibilities. To understand we have human rights. LWW	<ul style="list-style-type: none"> - What is the difference between rights and responsibilities? Explain that rights are there to protect everyone. - Discuss how we have human rights. Which ones are important? - What are the consequences of not adhering to laws and rules? - Talk about Nelson Mandela and other people who fought for human rights.
Week 3	To recognise the importance of protecting the environment. LWW	<ul style="list-style-type: none"> - Ask the children: whose responsibility is it to look after the environment? What do we mean by environment? - Explain that it is the responsibility of everyone to look after the environment. Create a checklist of ways we can look after the environment. - Discuss reducing, reusing, recycling, food choices. What can we do in school to help the environment? Get the Eco team to comment on any initiatives they are doing.
Week 4	To value the different contributions that people make to the community. LWW	<ul style="list-style-type: none"> - What do we mean by the word community? - Explain about the different groups which make up the community. What does living in a community mean? - What things do we do in the community of Barking and Dagenham? - What contributions do people make to the society they live in?
Week 5	To recognise stereotypes and how they can negatively influence behaviours. LWW	<ul style="list-style-type: none"> - Explain what a stereotype is. Show some examples with pictures e.g girls can only wear pink, boys cannot play with dolls. - Are stereotypes good? Why can they be bad for society? - Come up with a checklist for how to challenge stereotypes.
Week 6	Understand how to respectfully disagree in the context of a discussion about a topical issue. LWW	<ul style="list-style-type: none"> - Introduce a relevant topic issue from the news. - Explain that we can have different views on this but agree and disagree respectfully by using careful word choices. - Ask children to give their idea on the issue and model agreeing and disagreeing politely, then give children a turn.



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	Session Objective	Core Learning: Economic wellbeing: Money
Week 1	To understand the role of charities. LWW	<ul style="list-style-type: none"> - What is a charity? What are the purposes of charity? - What charities do the children already know? Which charities do we raise money for in school? E.g sports relief, child in need where we dress up and donate money. - How do charities contribute to communities and bring them closer together?
Week 2	To understand the role of charities. LWW	<ul style="list-style-type: none"> - Recap on learning from last week about charity. - Focus this week on a particular charity that has a good cause e.g NSPCC. - Show a video of what the NSPCC does for children and what fundraising takes place to help them.
Week 3	To understand money and how to pay for things. LWW	<ul style="list-style-type: none"> - Talk about the different ways to pay for things e.g cash, contactless, card - How do we earn money? Discuss that people get money by working. - What qualities do we need to look after our money? - Talk about smart ways of saving money.
Week 4	To think about our career aspirations. * LWW	<ul style="list-style-type: none"> - Link this to aspirations week. What was your aspiration for a job? Has this changed since Spring term? - What do you need to do in order to get your dream job e.g go to University, get a particular degree. - What would be your salary? How are you going to be sensible with saving money?
Week 5	To think about attributes needed in career choices.* LWW	<ul style="list-style-type: none"> - Link to last week. Recap on aspirations and possible career choices. - Discuss what attributes are needed to get a job e.g teamwork, punctuality, computer skills etc. - Discuss that some jobs get paid more than others and discuss what might influence career choices e.g personal interests, family connections to certain trades and businesses.
Week 6	To understand changes and how to cope with them. LWW	<ul style="list-style-type: none"> - Explain that it is normal to feel anxious about changes in our lives. We may feel anxious about moving into a new year group and meeting our new teachers. Ask the children to share any worries or concerns they have. - Talk about how we can cope with the changes and how we can get help from others around us. - Ask children to share one thing they are looking forward to next year.

*Week 4 and Week 5– To think about our career aspirations – also covered during aspirations week.