



**Year Three / Four**

**Autumn**

Crucial Knowledge – Growing and Changing (Autumn)	Expanded Knowledge	Intent/Prove
<p><i>Background knowledge:</i></p> <ul style="list-style-type: none"> <li>• PHSE is short for personal, health and social education.</li> <li>• PHSE is understanding ourselves and the wider world.</li> <li>• Health is keeping your physical and mental health in a good condition.</li> <li>• Well-being is feeling good.</li> </ul> <p><u>Growing and changing</u></p> <ul style="list-style-type: none"> <li>• An achievement is something completed successfully to the best of a person's effort or ability.</li> <li>• A target is a result that an individual works towards and directs their efforts towards.</li> <li>• Targets need to be clear, measurable and achievable.</li> <li>• Resilience means a person's ability to bounce back/recover quickly from difficulties.</li> <li>• You can experience more than one feeling at a time.</li> <li>• Feelings can vary in intensity, how strong or weak they feel.</li> <li>• Pupils need to understand the importance of sharing their feelings with trusted others.</li> </ul>	<p><u>Growing and changing</u></p> <ul style="list-style-type: none"> <li>• Bottling up emotions can lead to outbursts of emotion</li> <li>• More than 1 emotion is called conflicting emotions.</li> <li>• Empathy is understanding and sharing someone else's emotions.</li> </ul> <p><u>Healthy Lifestyles</u></p> <ul style="list-style-type: none"> <li>• We need to be aware of our physical, mental and emotional state and always try our best to look after these.</li> <li>• Choices can have a positive or negative effect on our health. For example, only sleeping for two hours a night will have a negative effect on our health but drinking eight cups of water a day will have a positive effect on our body and health.</li> <li>• An informed choice means you have the information given to you to help you make a sensible choice that suits you.</li> <li>• Photographs are not always true to life and can be heavily edited when they are posted online.</li> <li>• Edited images can encourage people to feel a certain way/influences someone's view about a person, place or product.</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding of this crucial knowledge will be evidenced through discussion and personal progression, for example speaking out when pupils are feeling emotional.</li> <li>• This will also be applied when relevant in real life situations, for example calling 999.</li> </ul>

- Change means to make something or do something in a different way.

### Healthy Lifestyles

- A balanced lifestyle means to think about all aspects of your life such as emotional wellbeing, exercise, sleep, eating and friendships/family.
- Eat well plate consists of carbohydrates, dairy, oil and spreads, proteins, fruit and vegetables and finally food and drinks that are high in fat and sugar.
- Pupils should understand the importance of eating a balanced diet and the consequences that may arise from poor choices.
- Realistic means having or showing a sensible and practical idea of what can be achieved.

### Keeping Safe

- Rules are in place to protect us.
- Emergency means a serious, unexpected and often dangerous situation.
- Drugs can be good and bad. Medicines help us but sometimes they can harm us.
- We should only take medicines that are prescribed to us, never anybody else's.
- A hazard is a danger or a risk.
- Who do we call for help in an emergency?  
999 – Police, Fire, Ambulance or Coastguard. The Coastguard is a 999 emergency service.
- Internet safety – do not have the same passwords for all websites.

### Keeping Safe

- Pressure means the use of intimidation or external feelings from others to push someone into completing an action.
- Responsibility means that you are accountable for something and the outcome of it.
- Caffeine is also an addictive substance. This is in coffees.
- People should give consent before you share a photo of them online, have you asked their permission?

<ul style="list-style-type: none"> <li>When online do not give out personal information, eg/ full name, address, date of birth or where you go to school.</li> </ul>		
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### Spring

Crucial Knowledge – Relationships (Spring)	Expanded Knowledge	Intent/Prove
<p><i>Background knowledge:</i></p> <ul style="list-style-type: none"> <li>PHSE is short for personal, health and social education.</li> <li>PHSE is understanding ourselves and the wider world.</li> <li>Relationships are how 2 or more people connect.</li> <li>Everyone is different and this is something to celebrate.</li> <li>Emotions are a labelled feeling, e.g. happy, sad, angry etc,</li> <li>Feelings is how your body reacts to the emotion, e.g. my emotion is scared so I feel like screaming.</li> </ul> <p><u>Healthy Relationships</u></p> <ul style="list-style-type: none"> <li>Empathy is the ability to share and understand the feelings of another.</li> <li>Compassion is the sympathetic concern for the suffering and misfortune of others.</li> <li>Sympathy means the understanding of someone else's misfortune or suffering.</li> <li>Healthy relationships involve honesty, trust and a mutual respect between the individuals involved.</li> <li>Consequences are a direct result of someone's actions.</li> </ul>	<p><u>Healthy Relationships</u></p> <ul style="list-style-type: none"> <li>Pupils need to understand the importance of the relationships around them, for example family, friends, school. out of school clubs etc.</li> <li>A good friendship involves being loyal to each other and accepting who the other person is through good and bad times – everyone can make mistakes. It also involves being a good listener and being honest.</li> <li>Apologising is a hugely important life skill. Pupils will focus on understanding the importance of being able to say sorry when necessary.</li> <li></li> </ul> <p><u>Valuing Differences</u></p> <ul style="list-style-type: none"> <li>Being assertive means to have a confident personality with a secure understanding of what you want when the situation requires it.</li> <li>It is important to understand how other people will feel if they are not listened to or made to valued and the sometimes lasting upset this can cause.</li> </ul> <p><u>Feelings and Emotions</u></p>	<p>*Understanding of the points raised throughout these units will be evidenced through discussion and floor book work. Understanding may also be evidenced later throughout the year as pupils develop their own sense of self.</p>

- Working collaboratively means two or more parties working together in a productive manner.

### Valuing Differences

- It is important to show others that their opinions and feelings are valued even if you disagree with them.
- It is crucial to respect other people's beliefs and values, even if they do not align with your own.
- Bullying is upsetting someone repeatedly, or consistently making them feel uncomfortable/unwanted.
- Bullying is something that is repetitive and consistent. A one off argument/incident does not equal being bullied.
- If anyone suspects/experiences any instance of bullying or feels they are being bullied then they should let an adult know immediately eg/parents/teachers

### Feelings and Emotions

- Pupils need to understand that just because we feel a certain way does mean we can act in a specific way.
- A secret is something which is not known by everyone and is being kept hidden by a person or group of people.
- Pupils need to understand the importance of when it is and is not appropriate to keep secrets. For example, a surprise birthday

- Pupils need to understand the importance of when it is and is not appropriate to keep secrets. For example, a surprise birthday party for a friend is a good secret to keep but somebody binning their lunch every day and not eating, is not a secret you should keep.
- Pupils need to understand that nobody should ever feel pressured to complete a dare. Pupils will recall their prior learning from Autumn in relation to saying 'no'.

<p>party for a friend is a good secret to keep but somebody binning their lunch every day and not eating, is not a secret you should keep.</p> <ul style="list-style-type: none"> <li>• A dare is a challenge, usually, to prove courage that is given to you by a person or group of people.</li> </ul>		
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**Summer**

Crucial Knowledge – living in the wider world (Summer)	Expanded Knowledge	Intent/Prove
<p><u>Background knowledge:</u></p> <ul style="list-style-type: none"> <li>• PHSE is short for personal, health and social education.</li> <li>• PHSE is understanding ourselves and the wider world.</li> <li>• Rights are something you are entitled to have by law.</li> <li>• Responsibility is making good choices and owning your actions.</li> </ul> <p><u>Rights and Responsibilities</u></p> <ul style="list-style-type: none"> <li>• Pupils will be given the opportunity to express their beliefs surrounding health issues and what support people might require from family, friends, school etc.</li> <li>• The difference between a rule and the law. A rule is something which is usually an instruction to help people live together successfully in harmony.</li> </ul>	<p><u>Rights and Responsibilities</u></p> <ul style="list-style-type: none"> <li>• UN declaration on the Rights of the Child is a legally binding international agreement setting out the civil, political, economic, social and cultural rights of every child, regardless of their race, religion or ability.</li> <li>• Rights are owed by the government to the people, for example human rights whereas responsibilities are owed by people to the country and government. For example, you have the right to safe living conditions but you have the responsibility to follow the rules to keep you safe. You have the right to fair treatment but you have the responsibility to treat others fairly.</li> <li>• In this country we celebrate many different religious holidays for example, Christmas, Ramadan, Chinese New Year, Hanukkah and many many more.</li> <li>• Individuals may travel from one place to another for many reasons; being closer to their family, for work, for school, for love however they may also move for more desperate reasons such as war.</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding of the points raised throughout these units will be evidenced through discussion and floor book work. Understanding may also be evidenced later throughout the year as pupils develop their own sense of self.</li> </ul>

- A law is a set of legally binding rules that are designed to help keep order, protect and allow people safe and happy lives.
- Human rights are basic rights and freedoms that belong to every person on the planet from birth until death. They are applicable regardless of where you live, what you believe or how you choose to live your life. They based upon shared values of dignity, fairness, equality, respect and independence.
- Anti-social behaviour is behaviour by a person which causes or may cause harassment, alarm or distress to other people. Examples of this behaviour could be graffiti, excessive noise, verbal abuse and intimidation.
- Resolving differences means to settle an argument or stop a disagreement.
- Agreeing to disagree means to accept that someone else's point of view differs to your own and move forward in a calm manner.
- Community means a group of people living in the same place or having a particular characteristic in common, e.g. a school or religious community.
- The UK is a richly diverse place to live.
- Diverse means that there is a great deal of variety. We live in a country which includes people from a range of different social and ethnic backgrounds as well as different genders.
- A shared ethnic background means that a group of people share a race, religion, language or other common characteristic.

- A custom, also known as a tradition is a common way of doing things. It is something that many people do and have done for a long time, they might be customs that are handed down the generations in religion or families.

### Money

- Currently there are many different ways of paying for things, for example debit card, credit card, notes, coins, bank transfer, apple pay, cheques or gift cards
- that money is not everything and that it is not the root of happiness.
- A loan is a sum of money which is borrowed off someone and has to be paid back. It usually has to be paid back with interest.
- Interest is the charge for borrowing money. It is paid on top of the original sum of money that was borrowed. Interest can go up and down over time, meaning individuals will have to pay back or less in addition to the amount they already owe.



Money

- Budgeting means allowing or providing a particular amount of money for a specific thing. For example, budgeting a certain amount of money per week for shopping.
- Saving means putting money away and keeping it towards a specific aim. For example, saving up money towards your first car.
- Borrowing money can sometimes be unavoidable and can be a safe and sensible choice, for example, borrowing money off the bank to buy a house is called a mortgage and is extremely common. However, borrowing money off a stranger who knocks on the door or using all of the money on a credit card, if it cannot be paid back, is not safe or sensible.