

# Year 4

## Autumn 1



## Being me in my world

Knowledge organiser- PSHE



### Puzzle Outcomes

- 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.
- I can take on a role in a group and contribute to the overall outcome.
- I understand how democracy and having a voice benefits the whole school community.
- I understand how rewards and consequences motivate people's behaviour.
- I can understand how groups come together to make decisions.
- I can recognise my contribution to following the Learning Charter for the whole school.

### Reflective Questions

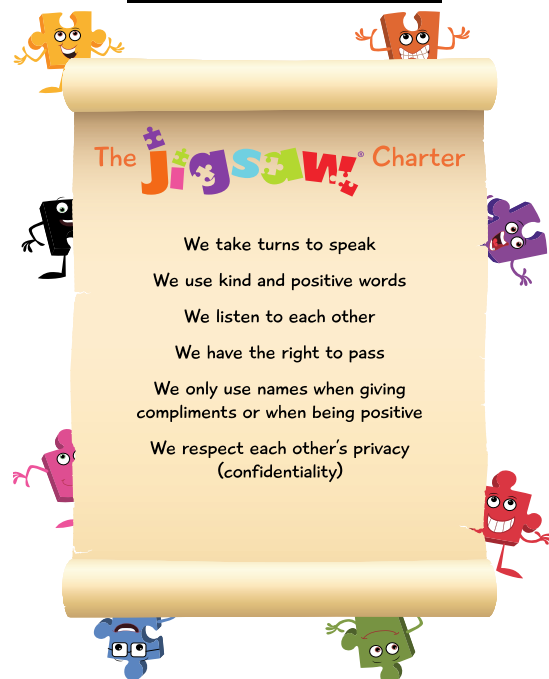
- ☺ How are we a democracy in school?
- ☺ How can we make sure everyone feels valued and included in our class/school?
- ☺ Is one member of the school community more important than anyone else in school?

### What Makes Our School Great?

As good citizens we recognise why being listened to and listening to others is important in our school community.

We appreciate how important democracy is to make everyone in our school feel valued and that their thoughts and opinions matter.

### Jigsaw Learning Charter



### Key Vocabulary

Authority	The power or right to give orders, make decisions, and enforce obedience.
Contribution	Something that you add or do to help produce or achieve something together, with other people, or to help make something successful.
Co-operate	To act or work together for a particular purpose, or to be helpful by doing what someone asks you to do.
Democracy	People have a say in how an authority is run.
Democratic	Relating to or supporting democracy or its principles.
Excluded	To prevent someone or something from entering a place or taking part in an activity.
Included	To allow someone or something to enter a place or take part in an activity.
Job Description	An account of the skills and qualifications needed to perform the tasks of a particular job.
Observer	Someone that watches rather than takes part.
Responsibilities	Something that you are expected to do.
Rights	Something you should expect to have automatically e.g. a right to come to school.
Role	A character or a part undertaken by someone.
UNCRC	UN Convention of Rights of Children. It applies to all children and young people under 18. Its aim is to recognise the rights of children and young people and ensure that they grow up in the spirit of peace, dignity, tolerance, freedom, equality and solidarity.
Valued	Useful and important.

# Year 4

## Autumn 2



## Celebrating Differences

Knowledge organiser- PSHE



### Puzzle Outcomes

- I understand that sometimes we make assumptions based on what someone looks like.
- I understand what influences me and question why I make assumptions about looks.
- I know sometimes bullying can be hard to spot but I know what to do if I am witness to or a target of bullying.
- I know that witnesses can join in bullying, and it is important to know how to make a situation better and problem-solve if needed.
- I like and respect my own and others physical appearance and understand why we are all special and unique.
- I can tell you about a time when my first impressions of someone changed and I can explain why it is good to accept people for who they are.

### Reflective Questions

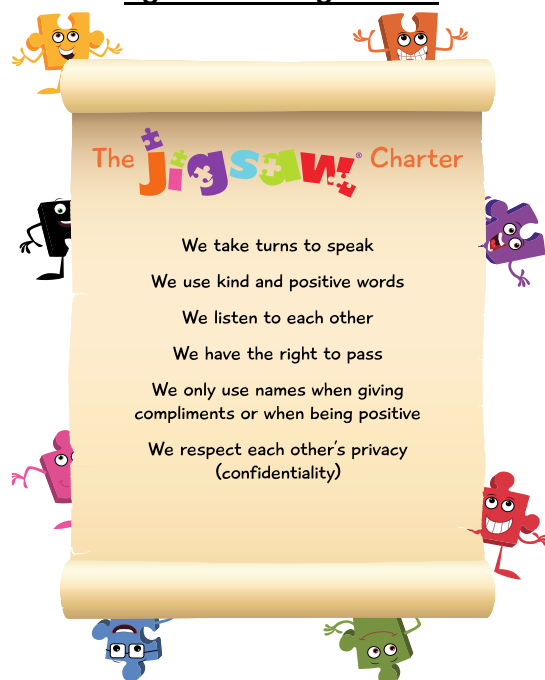
- ☺ How would it feel to be judged just on your physical appearance?
- ☺ What influences you?
- ☺ Do you make assumptions that are mainly right or not?

### What Makes Our School Great?

As good citizens it is important for us to understand that we shouldn't make assumptions about people based on their looks.

We can appreciate that our first impression can change when we get to know someone.

### Jigsaw Learning Charter



### Key Vocabulary

Appearance	What someone looks like.
Assumption	A thing that is accepted as true or about to happen without proof.
Attitude	A way of thinking or feeling about something.
Bully	Someone who looks to hurt or harm others who they consider vulnerable/easy to target.
Bystander	Person who is present at an event but does not take part.
Cyber bullying	A way of bullying people electronically usually through nasty or threatening messages
Difference	A point or way in which people or things are not the same.
Influence	To affect or change something often indirectly.
Judgement	A decision or opinion given after some consideration
Opinion	A view or judgement formed about something, not necessarily based on fact or knowledge.
Problem solve	To find a decision or an end to something.
Solutions	The act or process of answering a problem or question.
Similarities	Some things but not all are the same.
Special	Better, greater or different from usual.
Troll	Someone who leaves an intentionally annoying or offensive message on the internet, in order to upset someone or to get attention or cause trouble.
Witness	Someone who sees an event take place.
Unique	Something or someone who is important and special.

# Year 4

## Spring 1



## Dreams and Goals

Knowledge organiser- PSHE



### Puzzle Outcomes

- I can tell you about some of my hopes and dreams and understand how that feels.
- I understand that hopes and dreams do not always come true, and this can feel disappointing.
- I know that reflecting on positive situations can help me cope when experiences are disappointing.
- I know how to set and achieve new goals and show resilience by having a positive attitude.
- I know the steps to take to work successfully in a group and achieve the desired outcome.
- I know how to work well in a group and understand mine and others person contribution to achieve success.

### Reflective Questions

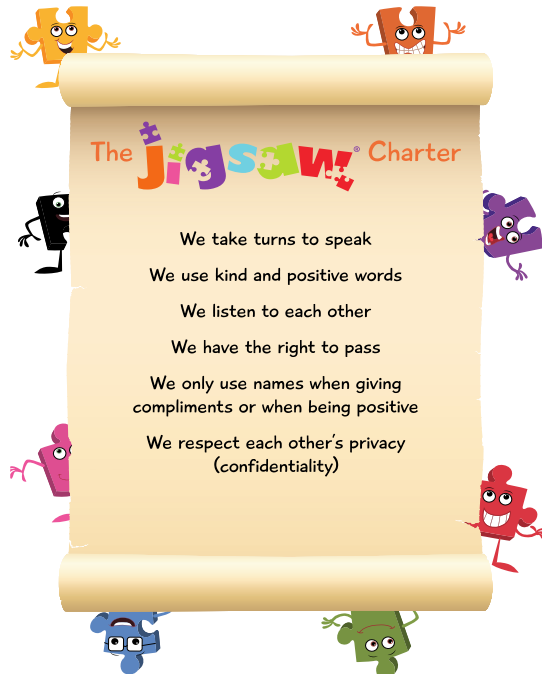
- ☺ What are your hopes and dreams?
- ☺ What if dreams don't come true?
- ☺ What can we do when we feel disappointed?
- ☺ What does achieving a goal feel like?

### What Makes Our School Great?

As good citizens it is important for us to understand that hopes and dreams do not always come true but understand how to reflect on positive situations and aim for new ones.

We can understand that working well in a group and recognising each contribution can help us to achieve goals.

### Jigsaw Learning Charter



### Key Vocabulary

Achievement	A result gained by effort.
Aspiration	A hope or ambition to achieve something.
Celebrate	Acknowledge a significant event or achievement.
Commitment	The state of being dedicated to a cause to achieve something.
Determination	Having a firm purpose to achieve something.
Dream	An aspiration, idea, or something greatly desired.
Goal	The object of a person's ambition or effort to aim for desired result.
Hope	A feeling of expectation and desire for something to happen.
Motivation	A desire to accomplish something.
Perseverance	Continue to do something even if it is difficult or success is delayed.
Plans	A proposal for doing or achieving something.
Positive experience	Memories of feeling alive or enjoying a stimulating event.
Positive attitude	A state of mind that allows for getting a favourable result.
Self-belief	Trust in your own positive characteristics.
Success	The accomplishment of an aim or purpose.



# Year 4

## Spring 2



## Healthy Me

Knowledge organiser- PSHE



### Puzzle Outcomes

- I recognise how different friendship groups are formed and how I fit into them and who I value most as friends.
- I understand that there are followers and leaders in the group and how this can impact on me.
- I understand the facts about smoking and its effects on health, and some of the reasons people start smoking such as peer pressure.
- I understand the facts about alcohol and its effects on health, and some of the reasons people start drinking and how I can resist pressure from others.
- I can explain when people are putting me under pressure and identify the feelings of anxiety and fear associated with this.
- I know myself well enough to know what is right and wrong and tap into my inner strength to be assertive.

### Reflective Questions

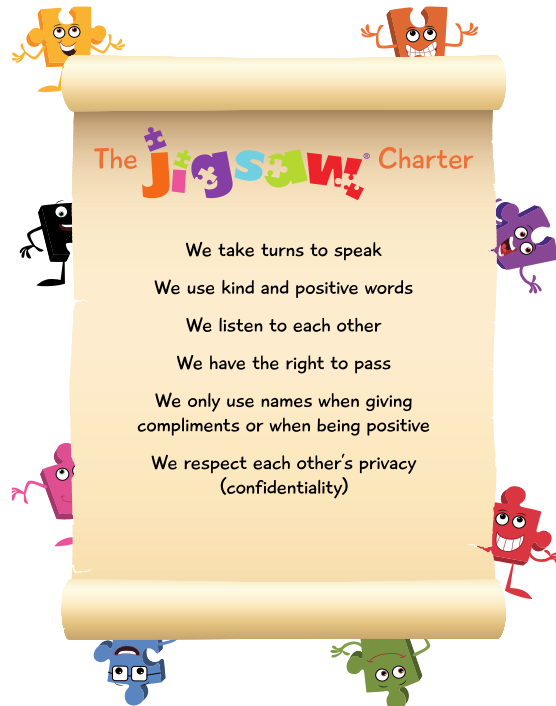
- ☺ Who are your friends and how do they make you feel?
- ☺ Which groups do you spend time with and how do you feel when you're with different groups?
- ☺ Tell me why alcohol and smoking effect health?

### What Makes Our School Great?

As good citizens it is important for us to understand that we should choose friendship groups that make us feel happy and valued.

We can understand that being assertive and addressing peer pressure can make us decide on the correct choices in life.

### Jigsaw Learning Charter



### Key Vocabulary

Advice	Guidance on what you should do about something.
Alcohol	A clear liquid which can make you drunk.
Anxiety	An uncomfortable feeling of nervousness or worry that something might happen in the near future.
Assertive	Someone who behaves confidently and is not afraid to say what they believe.
Emotions	A strong feeling such as love, anger, or frustration.
Fear	An unpleasant emotion or thought when you are worried or frightened of something bad, dangerous, or painful.
Follower	A person who does what someone else believes or suggests.
Friendship	A situation in which 2 or more people get along and spend time together.
Leader	A person who takes control and manages people or a situation and can influence others behaviour.
Liver	A large organ in the body that cleans blood and produces bile (a yellow liquid to digest fat).
Opinion	A thought or belief about something or someone.
Peers	A person who is the same age as someone else in a group.
Pressure	The act of trying to make someone do something by persuading or arguing.



# Year 4

## Summer 1



## Relationships

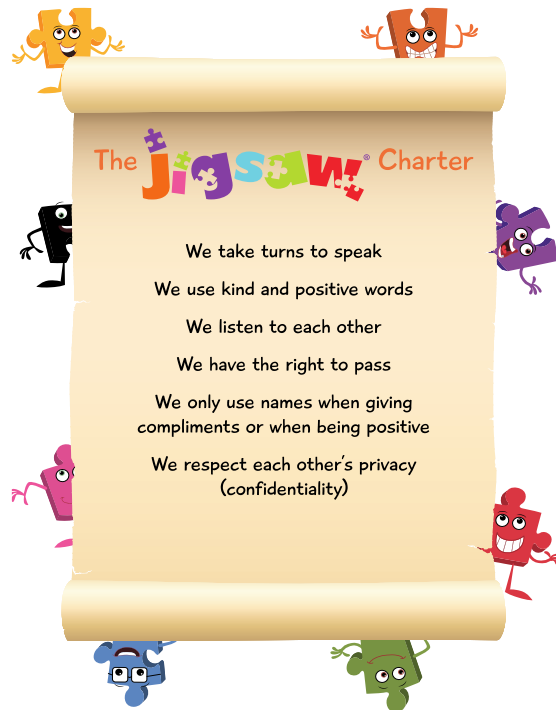
Knowledge organiser- PSHE



### Puzzle Outcomes

- I know why people can feel jealous and how that feels.
- I understand that jealousy can be damaging to relationships and how to use strategies to manage that.
- I can identify people who are special to me and express why.
- I know that memories can support us when we lose a special person or animal, and I can identify feelings and emotions that accompany loss.
- I know that change is a natural part of relationships/friendships.
- I know that it is better to end relationship/friendships if it is causing negative feelings or is unsafe.

### Jigsaw Learning Charter



### Reflective Questions

- ☺ Can you tell me about a time when you felt jealous?
- ☺ Do you miss seeing anyone?
- ☺ Have you ever fallen out with your friends?
- ☺ How did you resolve it?
- ☺ Do you have any friends that you fall out with a lot?

### What Makes Our School Great?

As good citizens it is important for us to understand that we should choose friendships and relationships that are positive.

We can understand that being jealous of others and upset by loss can be difficult, but we know how to manage these feelings.

### Key Vocabulary

Acceptance	The process of feeling you belong.
Appreciation	Recognition and enjoyment of the good qualities of something/someone.
Betrayal	Destroying someone's trust.
Compromise	An agreement or settlement of a dispute.
Denial	A statement of something that is not true.
Despair	Lose or be without hope.
Disbelief	Refusal to accept that something is true.
Empathy	The ability to share and understand the feelings of others.
Emotions	A strong feeling that is connected to mood, circumstance, or relationships with others.
Jealousy	Refers to the thoughts or feelings of insecurity, fear, and concern over a lack of possessions or safety.
Loss	A process of losing someone or something.
Memento	An object kept as a reminder of a person or event.
Remember	To be able to bring to one's mind an awareness of (someone or something from the past).





# Year 4

## Summer 2



## Changing me

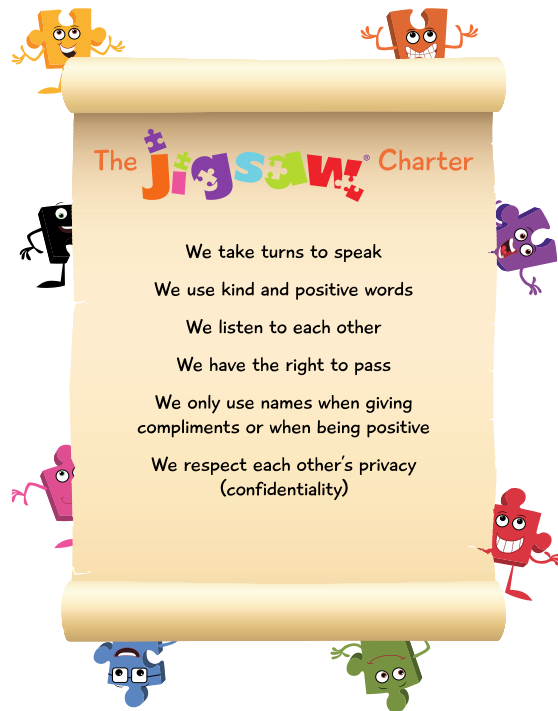
Knowledge organiser- PSHE



### Puzzle Outcomes

- I know that personal characteristics are inherited from parents.
- I know that babies are made when sperm joins the ovum and I know how I feel about having children when I am older.
- I know the names of different body parts which make a baby.
- I know how the male and female body changes during puberty.
- I know that personal hygiene is important during puberty and as an adult.
- I know that change is a normal part of life that cannot be controlled, and I know how to accept change and the emotions this brings.

### Jigsaw Learning Charter



### Reflective Questions

- ☺ Which characteristics do you get from your parents?
- ☺ Do have any questions about body changes and how do you feel about it?
- ☺ Do you have any questions about how babies are made?

### What Makes Our School Great?

As good citizens it is important for us to understand that we should embrace our uniqueness.

We can understand that being receptive of change is good and that it may bring different emotions.

### Key Vocabulary

Characteristics	A feature or quality belonging to a person.
Conception	The process of becoming pregnant.
Egg/Ovum	The female reproductive cells.
Fertilise	Cause an egg to develop a new individual by introducing a male reproductive material.
Ovaries	A female reproductive organ in which eggs are produced.
Periods/Menstruation	The discharge of blood from the uterus once a month.
Pregnant	Carrying a baby or other inside the womb (uterus).
Puberty	A time when young adults bodies change and they are capable of reproduction.
Sexual intercourse	contact between individuals involving penetration, especially the insertion of a man's erect penis into a woman's vagina, typically culminating in orgasm and the ejaculation of semen.
Sperm	The male reproductive cell that comes from the penis.
Unique	Being the only one of a kind.
Uterus/Womb	A muscular organ that helps nourish the foetus prior to birth.

