

PSHE Learning Sequence Document – Year 3/4 – 2023/2024



Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Me and My Relationships	Valuing Differences	Keeping Safe	Rights and Respect	Being my Best	Growing and Changing
Learning outcomes:	Children will find different ways to solve problems and will explore different areas of mental health.	Children will examine visible and hidden differences that everyone has. Children will learn to value these differences.	Children will find out that different activities have different risks. They will consider whether a risk is worth taking or not.	Children will find out about the rights that they have. Children will look at the responsibilities that they have.	Children will find the different ways in which they can keep their bodies healthy.	Children will be able to describe the changes that their bodies will go through during puberty using correct terminology.
PSHE NC Focus:	Within this topic we will focus on our feelings and mental wellbeing.	Within this topic we will focus on our feelings and mental wellbeing, families and people who care for me and caring friendships.	Within this topic we will focus on physical health and fitness and online relationships.	Within this topic we will focus on our rights and responsibilities looking at British Values.	Within this topic we will focus on mental wellbeing, physical health and fitness and healthy eating.	Within this topic we will focus on families and people who care for me, caring friendships and respectful relationships
Prior learning:	At Blackwater we use the coram Life Education SCARF program. This is a spiral program. SCARF lessons form a spiral curriculum through the primary years, the suggested half-termly unit themes are the same for each year group and lesson plans are sequenced in a similar way for each year group, with similar themes and age-appropriate learning opportunities across each year group.					
Sequence of learning:	As a rule	Can you sort it?	Safe or unsafe?	Who helps us stay healthy and safe?	Derek cooks dinner! (healthy eating)	Moving house
	Looking after our special people	What would I do?	Danger or risk?	It's your right	Poorly Harold	My feelings are all over the place!
	How can we solve this problem?	The people we share our world with	The Risk robot	How do we make a difference?	Body team work	All change!
	Tangram team challenge (OPTIONAL)	That is such a stereotype!	Super Searcher	In the news!	For or against?	Preparing for changes at puberty
	Friends are special	Friend or acquaintance?	Help or harm?	Safety in numbers	I am fantastic!	Secret or surprise?
	Thunks	Islands	Alcohol and cigarettes: the facts	Why pay taxes?	Top talents	Together
End Point:	Children will understand how they can help to solve problems and keep others mentally healthy.	Children will recognise that differences between individuals need to be embraced and celebrated.	Children will recognise the risks involved in different activities and will understand why some should be avoided.	Children recognise their rights and responsibilities and how these are closely linked.	Children will further develop their understanding and knowledge of keeping their bodies healthy.	Children understand some of the changes that they will experience during puberty.
Class Topic	I am Warrior Romans verses Celts!	I am Warrior Romans verses Celts!	Blue Abyss Looking into the underwater world	Blue Abyss Looking into the underwater world	Traders and raiders	Traders and raiders
Linking to class topic suggestion.						

Note – Internet safety is taught to all classes at the beginning of the autumn term every year as part of the computing program and then reinforced at intervals throughout the year.