



PSHE/RSE CLASS 4 – Spring 1 – Growing and Changing- Cycle B
Personal identity, recognising individuality and different qualities, mental wellbeing, healthy sleeping habits



Substantive Knowledge – Both year groups Year 4 <ul style="list-style-type: none"> To know some positive and negative feelings To know the term 'compromise' As above and Y5: <ul style="list-style-type: none"> To know words and phrases to describe the intensity of different feelings To know that some people can get bullied because of the way they express their gender 	Markers for Assessment – Substantive Knowledge Y4 <ul style="list-style-type: none"> To identify situations which evoke positive or negative feelings Y5 as above and <ul style="list-style-type: none"> To know situations where someone might need to break a confidence in order to keep someone safe 	Below	Above
Disciplinary Knowledge Y4 <ul style="list-style-type: none"> To identify situations where compromise is necessary To explain how positive and negative feelings impact on their everyday lives As above and Y5: <ul style="list-style-type: none"> To recognise how our body feels when it is relaxed Demonstrate how to be resilient in order to find someone who will listen to you List some of the ways our body feels when it is nervous or sad 	Markers for Assessment – Disciplinary Knowledge Y4 <ul style="list-style-type: none"> To identify situations where they need to compromise Y5 as above and: <ul style="list-style-type: none"> Demonstrate how to be resilient in order to find someone who will listen to you To recognise our own emotions and respond appropriately to our own feelings 		
Prior Substantive Knowledge Year 4 <ul style="list-style-type: none"> To know who they have positive healthy relationships with To know what is meant by the term 'body space' or 'personal space' To know the meaning of the words surprise and secret and know the difference between an unsafe surprise or an unsafe secret Know how different secrets and surprises might make them feel Year 5 <ul style="list-style-type: none"> To know some positive and negative feelings To know the term 'compromise' 	Vocabulary Compromise, positive, negative, resilient, relaxed, nervous, confidence		
Prior Disciplinary Knowledge Y4 <ul style="list-style-type: none"> To identify different types of relationship To rehearse strategies for when someone is invading their personal space To know who to ask for help if a secret makes them feel uncomfortable or unsafe Y5 <ul style="list-style-type: none"> To identify situations where compromise is necessary To explain how positive and negative feelings impact on their everyday lives 	SCARF Units to be Covered (Year 4 and 5) <ul style="list-style-type: none"> Moving House Secret or Surprise? Together Help, I'm a teenager....get me out of here! Dear Ash 		
Questions (potential 'hook' questions for lessons) <ul style="list-style-type: none"> When do you feel at your most relaxed? When might you feel more negative? Why might people be bullied because of their gender? 	Cross-Curricular/Enrichment <ul style="list-style-type: none"> PANTS talk from NSPCC Variety of books on emotions Science – body changes 		