

PICKHURST ACADEMY – PSHE KNOWLEDGE ORGANISER

Year: 4 Topic: 1 Me and My Relationships

Key knowledge

- Describe 'good' and 'not so good' feelings and how feelings can affect our physical state;
 - Explain how different words can express the intensity of feelings.
 - Explain what we mean by a 'positive, healthy relationship';
 - Describe some of the qualities that they admire in others.
 - Recognise that there are times when they might need to say 'no' to a friend;
 - Describe appropriate assertive strategies for saying 'no' to a friend.
 - Demonstrate strategies for working on a collaborative task;
 - Define successful qualities of teamwork and collaboration.
 - Identify a wide range of feelings;
 - Recognise that different people can have different feelings in the same situation;
 - Explain how feelings can be linked to physical state.
 - Demonstrate a range of feelings through their facial expressions and body language;
 - Recognise that their feelings might change towards someone or something once they have further information.
 - Give examples of strategies to respond to being bullied, including what people can do and say;
- Understand and give examples of who or where pressure to behave in an unhealthy, unacceptable or risky way might come from.



Key vocabulary

collaboration	a cooperative effort by which people or organizations work together to accomplish a common project or mission.
relationship	a connection between people.
strategies	a plan, method, or series of actions meant to perform a particular goal or effect.
conflict	strong disagreement or bad feeling between people.
dare	to challenge someone to do something.
beliefs	an idea accepted as true; something that is believed.
friendship	the state or condition of being a friend.
risky	involving a chance of getting hurt or losing something.
consequences	that which follows; result.
actions	way of acting or behaving.
resolve	to deal with in a successful way; settle.
situation	state of affairs; circumstances.
argue	to express disagreement; quarrel.
demonstrate	to explain or describe,

PICKHURST ACADEMY – PSHE KNOWLEDGE ORGANISER

Year: 4 Topic: 2 Valuing Difference

Key knowledge

- Define the terms 'negotiation' and 'compromise';
 - Understand the need to manage conflict or differences and suggest ways of doing this, through negotiation and compromise.
 - Understand that they have the right to protect their personal body space;
 - Recognise how others' non-verbal signals indicate how they feel when people are close to their body space;
 - Suggest people they can talk to if they feel uncomfortable with other people's actions towards them.
 - Recognise that they have different types of relationships with people they know (e.g. close family, wider family, friends, acquaintances);
 - Give examples of features of these different types of relationships, including how they influence what is shared.
 - List some of the ways that people are different to each other (including differences of race, gender, religion);
 - Recognise potential consequences of aggressive behaviour;
 - Suggest strategies for dealing with someone who is behaving aggressively.
 - List some of the ways in which people are different to each other (including ethnicity, gender, religious beliefs, customs and festivals);
 - Define the word respect and demonstrate ways of showing respect to others' differences.
- Understand and identify stereotypes, including those promoted in the media.



Key vocabulary

family	a specific group of people that may be made up of partners, children, grandparents, uncles, aunts and cousins.
fostering	Providing parental care and nurture to children not necessarily related through blood or legal ties.
adoption	the act of adopting a child or being adopted by law.
community	a group of people who live close together or have shared interests.
similar	having resemblance or likeness.
different	not the same; not alike.
bullying	is when someone hurts others by words or actions on purpose usually more than once.
ethnicity	the condition of being a member of an ethnic group or sharing its traits.
gender	the sex of a person or animal.
actions	way of acting or behaving.
respect	the state or condition of being thought of with honour or admiration; such admiration itself.
mental health	the condition, or degree of health, of one's mind and emotions. <i>He inquired about his mother's mental health.</i>
stereotypes	usually oversimplified and inaccurate conception held in common by many people.
communication	the sharing or exchange of messages, information, or ideas.

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Year: 4

Topic: 3

Keeping Myself Safe

Key knowledge

- Define the terms 'danger', 'risk' and 'hazard' and explain the difference between them;
- Identify situations which are either dangerous, risky or hazardous;
- Suggest simple strategies for managing risk.
- Identify images that are safe/unsafe to share online;
- Know and explain strategies for safe online sharing;
- Understand and explain the implications of sharing images online without consent.
- Define what is meant by the word 'dare';
- Identify from given scenarios which are dares and which are not;
- Suggest strategies for managing dares.
- Understand that medicines are drugs;
- Explain safety issues for medicine use;
- Suggest alternatives to taking a medicine when unwell;
- Suggest strategies for limiting the spread of infectious diseases (e.g. hand-washing routines).
- Understand some of the key risks and effects of smoking and drinking alcohol;
- Understand that increasing numbers of young people are choosing not to smoke and that not all people drink alcohol (Social Norms theory).
- Describe stages of identifying and managing risk;
Suggest people they can ask for help in managing risk.



Key vocabulary

safe	protected from or not in danger or exposed to risk.
unsafe	in danger of being harmed.
danger	likely to cause harm
risk	a chance of getting hurt or losing something
online	connected to or reached through a computer or computer network.
browsing	to examine things in a slow and casual way.
personal	of or relating to the body or health.
strategies	a plan, method, or series of actions meant to perform a particular goal or effect.
factors	something that has an influence on something that happens or is one of the causes of it.
potential	able to come into being; possible.
situation	state of affairs or circumstances.
information	knowledge or facts that come from a source.

PICKHURST ACADEMY – PSHE KNOWLEDGE ORGANISER

Year: 3

Topic: 4

Rights and Responsibilities

Key knowledge

- Explain how different people in the school and local community help them stay healthy and safe;
- Define what is meant by 'being responsible';
- Describe the various responsibilities of those who help them stay healthy and safe;
- Suggest ways they can help the people who keep them healthy and safe.
- Understand that humans have rights and also responsibilities;
- Identify some rights and also responsibilities that come with these.
- Understand the reason we have rules;
- Suggest and engage with ways that they can contribute to the decision making process in school (e.g. through pupil voice/school council);
- Recognise that everyone can make a difference within a democratic process.
- Define the word influence;
- Recognise that reports in the media can influence the way they think about a topic;
- Form and present their own opinions based on factual information and express or present these in a respectful and courteous manner.
 - Explain the role of the bystander and how it can influence bullying or other anti-social behaviour;
 - Recognise that they can play a role in influencing outcomes of situations by their actions.
- Define the terms 'income' and 'expenditure';
- List some of the items and services of expenditure in the school and in the home;
- Prioritise items of expenditure in the home from most essential to least essential.
- Explain what is meant by the terms 'income tax', 'National Insurance' and 'VAT';
- Understand how a payslip is laid out showing both pay and deductions;
 - Prioritise public services from most essential to least essential.



Key vocabulary

Volunteer	a person who offers to work or help without pay.
responsibility	being dependable, making good choices, and taking accountability for your actions
rights	those things that one is morally or legally entitled to do or have
income	the money received for work or from property that is owned.
pay	to give money to someone that the person has earned for work done.
fact	a thing that is known or proved to be true.
opinion	a view or judgement formed about something, not necessarily based on fact or knowledge.
savings	putting money aside.
democracy	a form of government in which power rests with the people, either directly or through elected representatives.
rules	a law or direction that guides behaviour action.
spend	to pay out.
viewpoint	an opinion.

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Year: 4

Topic: 5

Being My Best

Key knowledge

- Identify ways in which everyone is unique;
- Appreciate their own uniqueness;
- Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.
- Give examples of choices they make for themselves and choices others make for them;
- Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.
- Understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health;
- Plan a menu which gives a healthy balanced of foods from across the food groups on the Eatwell
- Guide (formerly Eatwell Plate).
- Understand the ways in which they can contribute to the care of the environment (using some or all of the seven Rs);
- Suggest ways the Seven Rs recycling methods can be applied to different scenarios.
- Define what is meant by the word 'community';
- Suggest ways in which different people support the schoolcommunity;
Identify qualities and attributes of people who support the school community.



Key vocabulary

medical	relating to illness and injuries and to their treatment or prevention
body	the whole physical structure that forms a person or animal.
illness	a disease or period of sickness affecting the body or mind
disease	a condition that prevents the body or mind from working normally.
hygiene	is the practice of keeping yourself and your surroundings clean, especially in order to prevent illness or the spread of diseases
infectious	communicable by infection, as from one person to another or from one part of the body to another
balanced diet	a diet consisting of the proper quantities and proportions of foods needed to maintain health or growth.
healthy	strong and well
unique	the only one of its kind; unlike anything else.
internal organs	a main organ that is situated inside the body

PICKHURST ACADEMY – PSHE KNOWLEDGE ORGANISER

Year: 4

Topic: 6

Growing and Changing

Key knowledge

- Describe some of the changes that happen to people during their lives;
- Explain how the Learning Line can be used as a tool to help them manage change more easily;
- Suggest people who may be able to help them deal with change.
- Name some positive and negative feelings;
- Suggest reasons why young people sometimes fall out with their parents;
- Take part in a role play practising how to compromise.
- Recognise that babies come from the joining of an egg and sperm;
- Explain what happens when an egg doesn't meet a sperm;
- Understand that periods are a normal part of puberty for girls;
- Identify some of the ways they can cope better with periods.
- Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret;
- Recognise how different surprises and secrets might make them feel;
- Know who they could ask for help if a secret made them feel uncomfortable or unsafe.
- Recognise that marriage includes same sex and opposite sex partners;
- Know the legal age for marriage in England or Scotland;
- Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.



Key vocabulary

relationships	the way in which two or more people or things are connected
personal space	the distance from another person at which one feels comfortable when talking to or being next to that other person
inappropriate	not appropriate; not proper or suitable
uncomfortable	causing or feeling unease or awkwardness.
secret	something that is kept or meant to be kept unknown or unseen by others.
surprise	is an unexpected event, fact, or piece of news.
marriage	the legally or formally recognised union of two people as partners in a personal relationship
compromise	an agreement or settlement of a dispute that is reached by each side making concessions.
civil partnership	a legally recognised union with rights similar to those of marriage.
unsafe	in danger of being harmed.