



PSHE and RSE Knowledge Organiser

Year 4



Keeping and Staying Safe



Key Vocab

dangers skills
traffic accident
road junction
consequences distract
injured investigate
report ambulance
Police Force
Fire Service

By the end of the 'Cycle Safety' topic, I should know;

- ~ ways to keep myself and others safe (take care when near roads and traffic, especially at junctions)
- ~ the impact and possible consequences of an accident or incident (people can become hurt/injured, friends/family members distressed, emergency services involved)
- ~ what a risky choice is and how to identify one (eg, listening to music, earphones in, couldn't hear a car approaching)
- ~ rules for keeping safe and can identify ways of keeping safe

Keeping and Staying Healthy



Key Vocab

sugar salt
saturated fat
disease unhealthy
tooth decay harmful
healthy plate
balanced diet
carbohydrate
protein dairy
calories energy

By the end of the 'Healthy Living' topic, I should know;

- ~ what is meant by a balanced diet and I can plan a balanced meal
- ~ that too much sugar, salt and saturated fat in our food and drink can affect us now and when we are older (heart disease, type 2 diabetes)
- ~ how to identify nutritional information on packaged food and explain what it means
- ~ different ways to maintain a healthy lifestyle (drink plenty of water, get enough sleep, look after our mental health, exercise regularly, look after personal hygiene, not too much screen time)

Growing and Changing



Key Vocab

relationship support
uncomfortable
community love
commitment
marriage honesty
civil partnership
trust respect secrets
surprises Childline
appropriate
inappropriate

By the end of the 'Appropriate Touch /Relationships' topic, I should know;

- ~ the different types of relationships that we can have and how these can change as we grow (Family, friend, teacher, Doctor, boyfriend/girlfriend)
- ~ how our families support us and how we can support our families
- ~ how to identify how relationships can be healthy or unhealthy (Jack punched his classmate/Sana's PE teacher gave her a high 5/the team coach asked Adam to sit on his knee)
- ~ how to ask for help and identify who can help us if a relationship makes us feel uncomfortable (family member, friend, carer/social worker, Childline, teacher, The Police, a doctor)

Being Responsible



Key Vocab

rules guidelines
responsible
influenced
situation affect
important
punctual

By the end of the 'Coming Home on Time' topic, I should know;

- ~ the importance of behaving in a responsible manner
- ~ a range of situations where being on time is important (arriving at school, Doctor's appointment, job interview)
- ~ and can explain the importance of having rules in the home (shapes our behaviour, makes things run more smoothly, keeps everyone safe)
- ~ and can describe ways that behaviour can be seen to be sensible and responsible (being punctual, following rules and guidelines)



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Feelings and Emotions  Key Vocab support differences jealousy loneliness consequences motivations wellbeing excluded opinions resolve <u>By the end of the 'Jealousy' topic, I should know:</u> ~ how to recognise thoughts, feelings and emotions, and identify the differences between those that feel good and those that feel not so good (frustrated, angry, confused, hurt, upset, annoyed, bitter) ~ how we can support others who feel lonely, jealous or upset (include and support people in your friendship group, if you are worried about someone, ask them if they are ok, speak to a trusted adult) ~ that we can choose how we act on our emotions and understand that our choices and actions can affect ourselves and others (resolving disputes- never use violence, take it in turns to discuss feelings, write down thoughts and feelings) ~ a range of strategies to help control and manage unpleasant/uncomfortable emotions, such as loneliness and jealousy	Computer Safety  Key Vocab online offline values strategies digital devices internet posting sharing advice email account rumours hacking insulting intentional <u>By the end of the 'Online Bullying' topic, I should know:</u> ~ the key values that are important in positive online relationships ~ how to identify the feelings and emotions that may arise from online bullying (offended, insulted, upset, embarrassed, excluded) ~ coping strategies to use if we or someone we know is being bullied online ~ how and who to ask for help	The Working World  Key Vocab contribute chore community tax future society Career interests strengths independence self-motivation stereotypes <u>By the end of 'Chores at Home' topics, I should know:</u> ~ how to identify ways in which we can help those who look after us ~ how to explain the positive impact of our actions ~ the ways in which we can contribute to our home, school and community ~ the skills we may need in our future job roles (punctuality, problem-solving, good communication, good organisation, creativity, positive attitude)	A World without Judgement  Key Vocab barrier equality attributes strengths goals achieve difference physical disability respect/respectful, self-respect <u>By the end of the 'Breaking Down Barriers' topics, I should know:</u> ~ how to recognise positive attributes in others ~ why being different is okay ~ how to recognise my own strengths and goals, and understand that these may be different from those around me (self-respect-say no to peer pressure, spend time doing things we enjoy, look after our bodies) ~ some ways we can overcome barriers and promote equality (be kind and considerate to all, support those who may need help, be non-judgemental towards people who may seem different from us)
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