

PSHE at THE DOWNLEY SCHOOL  
 RELATIONSHIPS  
 TOPIC 1 – Families and friendships  
 Year 4 – Autumn

What I will learn in this topic: Families and friendships Positive friendships, including online PoS Refs: R10, R11, R12, R13, R18

RESOURCES



Free-Circle-Time-Bo  
 ok (1).pdf

<https://learning.nspcc.org.uk/research-resources/schools/share-aware-teaching>

[https://learning.nspcc.org.uk/media/1390/lesson\\_plan\\_alex.pdf](https://learning.nspcc.org.uk/media/1390/lesson_plan_alex.pdf)

[https://learning.nspcc.org.uk/media/1392/lesson\\_plan\\_lucy.pdf](https://learning.nspcc.org.uk/media/1392/lesson_plan_lucy.pdf)

<https://learning.nspcc.org.uk/media/1396/teaching-guidance.pdf>

<https://learning.nspcc.org.uk/research-resources/schools/pants-teaching>

VOCABULARY	DEFINITION
digital	type of learning that uses technology
features	a distinctive attribute or aspect of something
positive	constructive, optimistic, confident
healthy	good physical or mental condition
strategies	plan of action to achieve long-term or overall aim
communicate	share or exchange information, news or ideas
respectful	feeling of showing deference and respect
devices	a thing made or adapted for a particular purpose
uncomfortable	causing or feeling slight pain or physical discomfort
relationships	two or more people or things are connected

REFLECTIVE QUESTIONS

Do I know what a healthy positive relationship is?

How do I keep myself online?

CIRCLE TIME GAMES

LOC

CLASS CHARTER

Picture of a scroll/Worry Box

Lesson 1

L.O. I know about the features of positive healthy friendships such as mutual respect, trust and sharing interests

R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships

Lesson 2

L.O.I can use strategies to build positive friendships

R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing

Lesson 3

L.O. I know how to seek support with relationships if they feel lonely or excluded

R13. the importance of seeking support if feeling lonely or excluded

Lesson 4

L.O. I understand how to how to communicate respectfully with friends when using digital devices

Lesson 5

L.O.I understand how knowing someone online differs from knowing someone face to face and that there are risks in communicating with someone they don't know

R12. to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face

Lesson 6

L.O I know what to do or whom to tell if they are worried about any contact online

R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary

PSHE  
Relationships  
TOPIC 2 – Safe Relationships  
Year 4 – Autumn

What I will learn in this topic: Safe relationships Responding to hurtful behaviour; managing confidentiality; recognising risks online PoS Refs: R20, R23, R27, R28

RESOURCES

<https://www.1decision.co.uk/resources/teachers-zone>

VOCABULARY	DEFINITION
bullying	to seek harm, intimidate, or coerce (someone perceived as vulnerable)
hurtful	causing distress to someone's feelings
dare	have the courage to do something
secret	not known or seen or not meant to be known or seen
risk	a situation involving exposure or risk

REFLECTIVE QUESTIONS

Can I recognise bullying including online?  
Do I know who to talk to if I feel uncomfortable or worried?

CIRCLE TIME GAMES



Free-Circle-Time-Book (1).pdf

LOC

CLASS CHARTER

Lesson 1

L.O. I can differentiate between playful teasing, hurtful behaviour and bullying, including online

Lesson 2

L.O. I know how to respond if they witness or experience hurtful behaviour or bullying, including online

Lesson 3

I can recognise the difference between 'playful dares' and dares which put someone under pressure, at risk, or make them feel uncomfortable

Lesson 4

L.O. I know how to manage pressures associated with dares

Lesson 5

L.O. I know when it is right to keep or break a confidence or share a secret

Lesson 6

I can recognise risks online such as harmful content or contact

Lesson 7

L.O. I know how people may behave differently online including pretending to be someone they are not

Lesson 8

L.O. I know how to report concerns and seek help if worried or uncomfortable about someone's behaviour, including online

PSHE  
RELATIONSHIPS  
TOPIC 3 – Respecting others and ourselves  
**Year 4 – Autumn**

What will I learn in this topic: Respecting ourselves and others Respecting differences and similarities; discussing difference sensitively PoS Refs: R32, R33

RESOURCES

<https://plprimarystars.com/resources>

VOCABULARY	DEFINITION
faith	strong belief in the doctrines of a religion, based on spiritual conviction rather than proof
race	person's self-identification with one or more social groups
traditions	transmission of customs or beliefs from generation to generation
beliefs	an acceptance that something exists or is true
differences	a point or way in which people or things are different
gender	either of the two sexes

REFLECTIVE QUESTIONS

Do I know how to show respect to others?

Do I understand that we are all equal?

## Lesson 1

L.O I can recognise differences between people such as gender, race, faith

L.O I can recognise what they have in common with others e.g. shared values, likes and dislikes, aspirations

L.O. I know about the importance of respecting the differences and similarities between people

R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background

L.O. I can use a vocabulary to sensitively discuss difference and include everyone

R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own



TARGETTRACKER LINKS – Personal and social

Identify ways to make him/her happy and share happiness

Discuss the differences between the health of people from different countries/regions