

Year 4 Autumn 1 What strengths, skills and interests do we have?? Theme :Health and Wellbeing Self-esteem: self-worth; personal qualities; goal setting; managing set backs		
PoS Core theme 1 Health and wellbeing	Core theme 2 Relationships	Core theme 3 Living in the wider world
Ourselves growing and changing H27. to recognise their individuality and personal qualities H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking		Economic wellbeing: Aspirations and career L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes
Prior Learning: Year 1 Autumn 1 What is the same and different about us? Year 2 Spring 1 What jobs do people do?		
End points :- <ul style="list-style-type: none"> • how to recognise personal qualities and individuality • to develop self-worth by identifying positive things about themselves and their achievements • how their personal attributes, strengths, skills and interests contribute to their self-esteem • how to set goals for themselves • how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking • how interests and hobbies develop positive impact on mental health 		
Key vocabulary Attributes Achievements Self esteem Goals Set backs Reframe		

Relationship education, relationships and Sex education RSE and Health education statutory guidance

Relationship Education – graduated age appropriate programme links

Physical health and mental well being : Primary

Mental well being
Benefits of physical exercise, time outdoors, community participation, voluntary and service based activity on mental well being and happiness
Simple self care – importance of rest, time spent with friends and family, benefits of hobbies and interests

Citizenship	Character Education –	British values	Careers Curriculum
	Beamont core values Aspiration Belonging Compassion Respect	Rule of Law Tolerance and respect Democracy Individual Liberty Protected Characteristics Equality Act	

Spiritual	Moral	Social	Cultural
ability to be reflective about their own beliefs (religious or otherwise) and perspective on life knowledge of, and respect for, different people’s faiths, feelings and values sense of enjoyment and fascination in learning about themselves, others and the world around them	ability to recognise the difference between right and wrong and to readily apply this understanding in their own lives, recognise legal boundaries and, in so doing, respect the civil and criminal law of England understanding of the consequences of their behaviour and actions interest in investigating and	use of a range of social skills in different contexts, for example working and socialising with other pupils, from different religious, ethnic and socio-economic backgrounds willingness to participate in a variety of communities and social settings, including by volunteering, cooperating well with	understanding and appreciate the range of cultural influences that have shaped their own heritage and that of others understanding and appreciate the range of different cultures as an essential element of their preparation for life in modern Britain ability to recognise, and value, the things

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use of imagination and creativity in their learning willingness to reflect on their experiences	offering reasoned views about moral and ethical issues and ability to understand and appreciate the viewpoints of others on these issues	others and being able to resolve conflicts effectively acceptance and engagement with the fundamental British values	we share in common across cultural, religious, ethnic and socio-economic communities knowledge of Britain's democratic parliamentary system and its role in shaping history and values, and continuing to develop willingness to participate positively to artistic, musical, sporting and cultural opportunities interest in exploring, improving understanding and respect for different faiths and cultural diversity and to understand, accept and respect diversity.
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Sequence of lesson to follow

Lesson Plans and resources DfE approved

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https://pshe-association.org.uk/_hcms/mem/login?hsLang=en

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[Build your programme \(pshe-association.org.uk\)](https://pshe-association.org.uk)

PSHE Association power points, resources linked to topic – click on the purple links to download

NB: You will need to be logged in to the PSHE Association to access resources

Half term / Key question:	Topic	In this unit of work, pupils learn...	Quality Assured resources to support planning
Autumn 1 What strengths, skills and interests do we have ?	Health and wellbeing Self-esteem: self-worth; personal qualities; goal setting; managing set backs PoS refs: H27, H28, H29, L25	<ul style="list-style-type: none">• how to recognise personal qualities and individuality• to develop self-worth by identifying positive things about themselves and their achievements• how their personal attributes, strengths, skills and interests contribute to their self-esteem• how to set goals for themselves• how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking	Premier League Primary Stars – Self-esteem / Resilience FPA – Growing up with Yasmine and Tom (E) PSHE Association - Personal identity