




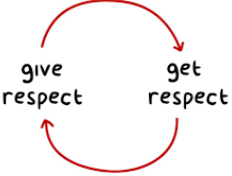


Year 4 Autumn 1: PSHE Knowledge Mat

What strengths, skills and interests do we have?

Key Vocabulary		Images	Core Knowledge
Goals	An outcome or event you are working towards.	  	<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 setbacks, learn from mistakes and reframe unhelpful thinking.
Personal qualities	A skill or positive behaviour that you show.		
Achievements	A goal you have already completed that is positive.		
Attributes	Skills that you have that others value.		
Individual	Something that is unique to you or that you can achieve on your own.		
Self-esteem	Your belief and confidence in yourself.		


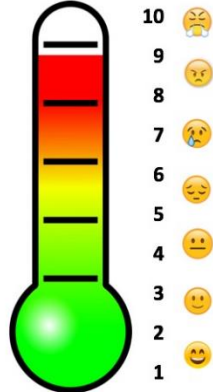
Year 4 Autumn 2: PSHE Knowledge Mat

How do we treat each other with respect?

Key Vocabulary		Images	Core Knowledge
Respect	To care for the feelings, wishes or right of others.		<ul style="list-style-type: none"> ➤ how people's behaviour affects themselves and others. ➤ how to model being polite and courteous in different situations. ➤ about the relationship between rights and responsibilities. ➤ about the right to privacy and how to recognise when a confidence or secret should be kept. ➤ the rights that children have and why it is important to protect these. ➤ that everyone should feel included, respected, and not discriminated against; how to respond if they witness or experience exclusion. ➤ how to respond to aggressive or inappropriate behaviour (including online).
Polite	Having or showing actions that are respectful of others.		
Responsibilities	Performing an action, often independently, that is part of a job or role.		
Relationship	The way that two or more people or objects are linked.		
Discrimination	To treat people differently based on their gender, race, religion or other factors.		
Inappropriate	Doing something that is not kind or sensible.		
Rights	Legal principles of freedom and entitlement.		

Year 4 Spring 1: PSHE Knowledge Mat

How can we manage our feelings?

Key Vocabulary		Images	Core Knowledge
Feelings	An emotional state or reaction.	 <p>happy sad angry surprised scared excited</p> <p>FEELINGS THERMOMETER</p> 	<ul style="list-style-type: none"> ➤ How everyday things can affect feelings. ➤ How feelings change over time and can be experienced at different levels of intensity. ➤ The importance of expressing feelings and how they can be expressed in different ways. ➤ How to respond proportionately to, and manage, feelings in different circumstances. ➤ Ways of managing feelings at times of loss, grief and change. ➤ How to access advice and support to help manage their own or others' feelings.
Manage	To be in charge of or organise.		
Intensity	The force or strength to which something is felt or performed.		
Grief	Intense annoyance or sadness because of an event or feeling.		
Advice	Guidance or recommendations on a subject from an informed person.		
Proportionate	The correct amount of something.		




Year 4 Spring 2: PSHE Knowledge Mat

How will we grow and change?

Key Vocabulary		Images	Core Knowledge
growing	Increasing in size and changing physically.		<ul style="list-style-type: none"> ➤ To know about growing and changing. ➤ To know about puberty and how bodies change during puberty, including menstruation and menstrual wellbeing. ➤ To know how puberty can affect emotions and feelings. ➤ To know how personal hygiene routines change during puberty. ➤ To know how to ask for advice and support about growing and changing and puberty.
changing	Make something or someone different.		
puberty	When your body begins to change and develop as you grow up.		
menstruation	Part of a woman's cycle where the inner lining of the uterus sheds and a woman bleeds. Also known as a period.		
hygiene	Cleanliness to maintain health and prevent diseases.		
well-being	Being comfortable, happy and healthy.		

Year 4 Summer 1: PSHE Knowledge Mat

How can our choices make a difference to others and the environment?

Key Vocabulary		Images	Core Knowledge
Shared responsibility	Working together to support and care for all people and living things.	  	<ul style="list-style-type: none"> ➤ To know people have a shared responsibility to help protect the world around them. ➤ To know how everyday choices can affect the environment. ➤ To know how what people choose to buy or spend money on can affect others or the environment (e.g. Fairtrade, single use plastics, giving to charity). ➤ To know how to show care and concern for others (people and animals) ➤ To know how to carry out personal responsibilities in a caring and compassionate way.
Personal responsibility	Being independently reliable for the things that are expected/required of you.		
Community	A group of people within an area.		
Compassion	Being kind and thoughtful to others.		
Pollution	When the environment is contaminated by something harmful or dangerous.		
Rights	A choice to make your own opinions.		