

CHARLES DARWIN COMMUNITY PRIMARY SCHOOL PSHCE CURRICULUM						Year 4
Term	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
My Happy Mind						
Unit	Meet Your Brain	Celebrate	Appreciate	Relate	Engage	
NC Statutory Requirements	H1, H2, H3, H4, H7, H8, , H15, H16, H17, H18, H19, H20, H21, H22, H23, H24 R8	H1, H2, H3, H4, H25, H27, H28 R31	H1, H2, H3, H4, R8, R10, L4	R1, R6, R8, R10, R11, R14, R14, R17, R30, R31, R32, R33 L4	H28, H29, L25	
Lessons	I can train my mind to focus on whatever I want and this is Neuroplasticity. I understand how the Amygdala reacts to real and perceived danger . I can talk about what triggers my own Amygdala to Fight, Flight and Freeze and how I can train my brain to calm my Amygdala down. I know about the brain's structure and how Neurons carry messages to create Neural Pathways. I understand Neural Pathways help us to form habits.	I know we all have 24 Character Strengths but in different amounts. I know the best way to learn about strengths is by noticing them. I understand that everyone uses different strengths and these strengths can always help them. I know Team H-A-P loves it when we use our Character Strengths because Dopamine gets released in the brain to help us perform at our best	I can develop an Attitude of Gratitude at home and school. I know that the more time I think about gratitude, the stronger the Neural Pathways get and the easier it is to give gratitude. This is because of Neuroplasticity, and we need to make it a habit. I know giving gratitude can help us get through tough times, and when we can see everything we are grateful for, it makes the problems we face a little easier to manage.	I know when we use 'Stop, Understand and Consider', it gives us time to pause, understand where others are coming from and consider how to respond best. I understand when I see things from different perspectives, my brain will remember and grow;	I know that the more I focus on feeling good and using the habits, the better I will do in all activities in and out of school. I understand that Dopamine gets released in my brain when I set a goal and work towards it. I know even if I do not achieve a goal, the Hippocampus can store a memory and make it easier next time. I know perseverance is easier to use on goals I am passionate about, but I can also use this skill on other goals	

NO OUTSIDERS						
TEXTS	King and King by L.de Hann and S.Nijland	Red: A crayon's story by Michael Hall	The Flower by John Light	Dogs don't do ballet by A.Kemp and S.Ogilvie	The Way back home by Oliver Jeffers	
KPI	LO: to understand why people choose to get married	LO: to be who you want to be	LO: to ask questions	LO: to know when to be assertive	LO: to overcome language as a barrier	
NC Statutory Requirements	H27, H28, H29 L3, L4, L8, L9, L10					
RSE taught Summer 2						
Lesson Objectives from Medway Public Health Directorate	1. Puberty: recap and review We are learning about the changes that happen during puberty (recap from year 4-5) 2. Puberty: change and becoming independent We are learning about managing change and becoming more independent 3. Positive and healthy relationships We are learning about positive, healthy relationships 4. How babies are made We are learning about how a baby is made					
NC Statutory Requirements	H24, H33, H35, H36 R1, R2, R5, R6, R30, R31					
Drug and Alcohol Education						
Lesson Objectives from Medway Public Health Directorate	Lesson 2: Smoking, vaping and alcohol To learn that caffeine, cigarettes, vaping (e-cigarettes) and alcohol can affect people’s health.					
NC Statutory Requirements	H1, H3, H4, H10, H40, H46, H47, H48, H49, H50 R28, L1					
LIVING IN THE WIDER WORLD						
ASSEMBLIES and focus lessons	Fairtrade Fortnight Recycle week British Values European day of languages Black History Month	Firework Safety Anti-Bullying Week Inter-Faith week Remembrance UK Parliament week	Rail Safety Safer Internet Comic Relief	British Values World Book Day Children’s Mental Health Week International Women’s Day British Science Week		World Environment day World Ocean day Sun Safety World Refugee Week

	Hello Yellow – World Mental Health			Speak Out Stay Safe Neurodiversity week		
Charities	Jeans for Genes Hello Yellow		Comic Relief	NSPCC		
Religious Festivals	Yom Kippur Diwali	Advent Christmas	Chinese New Year	Ramadan Holi Eid Al Fitr Easter		Eid al Adha
No Outsiders and Protected Characteristics assembly	RACE Mixed – Arree Chung Premier League Stars website videos	RELIGION Welcome to Our World: A Celebration of Children Everywhere!	GENDER My Shadow is Pink Rosa Plays Ball	DISABILITY I am Not a Label We Are All Wonders	AGE	FAMILIES/MARRIAGE Fantastic Families All Kinds of Families