



Kindness PSHE / Jigsaw Enjoyment Achievement



Year Group	Unit Title	End points
4	Being me in my world	• Know how my actions affect the class team • Know about roles in my school community • My role in school • Know about democracy • Help create our Learning Charter and why it matters • Learn empathy and behaviour • Know about rewards and consequences • Take part in group decision-making
4	Celebrating difference	• Know assumptions that people make and why • Know ways people can be influenced to make an assumption • Know what to do if I think someone is being bullied • Know being a witness to bullying and the impact of this • Know how I am special and unique
4	Dreams and goals	• Know about hopes, dreams and goals • Show resilience and positive attitudes • Understand disappointment and setbacks • Find ways to cope and move forward • Plan new goals • Work in a group • Understand steps needed to achieve success • Celebrate achievements
4	Healthy me	• Know about different friendship groups • Know roles within groups such as leaders and followers • Understand facts about smoking and its effects on health • Understand facts about alcohol and its effects on health • Know why some people choose to smoke or drink alcohol • Know what peer pressure is and how to resist when I want to • Know what I believe is right and wrong
4	Relationships	• Know about jealousy in relationships and how to manage it • Identify and express who I love and why they are special to me • Manage feelings about people I no longer see • Understand how friendships can change • Know ways to make new friends • Manage fall outs with friends

		• Understand boyfriend and girlfriend relationships
4	Changing me	• Know what makes up my unique identity and interests, and how these develop as I grow up • Know how a girl's body changes and that periods are a natural part of this • Understand different types of family and my inner circle • Know trusted people who can support me through puberty • Know how the circle of change works • Understand change outside of my control and how I can accept them • Know what I am looking forward to in my next class and changes I will explore and would like to make