**PSHE – Summer Yr 3 / 4**

 Relationships

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| Prior Learning |
| * I can explain how my life is influenced positively by people I know and also by people from other countries. * I can explain why my choices might affect my family, friendships and people around the world who I don’t know. |
| Key vocabulary for this unit |

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| RelationshipCloseJealousyProblem-solveEmotionsPositiveNegative  Loss​Strategy​Shock​Disbelief​NumbDenial​Anger​Guilt​Sadness​ | Pain​Despair​Hopelessness  ​Relief​​AcceptanceDepression  Souvenir​Memento​Memorial​Loss​Memories​Special​Remember​  Friendships​Negotiate​Compromise​ | Trust​Loyalty​Anger​Betrayal​Empathy  Boyfriend​Girlfriend​AttractionPressure​Personal​Comfortable  Special​Love​Appreciation​Symbol​Care |

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| Learning Sequence | |
| **Jealousy** | * To recognise situations which can cause jealousy in relationships. |
| **Love and Loss** | * To identify someone I love and express why they are special to me. |
| **Memories** | * To tell you about someone I know that I no longer see. |
| **Getting On and Falling Out** | * To recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends. |
| **Girlfriends and Boyfriends** | * To understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older. |
| **Celebrating My Relationships with People and Animals** | * To know how to show love and appreciation to the people and animals who are special to me. |
| Assessment milestones | |
| **Social and Emotional Skills**   * I can recognise how people are feeling when they miss a special person or animal. * I can give ways that might help me manage my feelings when missing a special person or animal. | |

**Changing Me**

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| Prior Learning |  |
| * I can explain how boys’ and girls’ bodies change on the inside/outside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. * I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings. | |
| Key vocabulary for this unit |  |
| * Personal * Unique * Characteristics * Parents * Gene * Feelings * Responsibilities * Carers * Mannerisms * Influence * Puberty * Menstrual Cycle * Periods * Vagina | * Vulva * Ovaries * Oestrogen * Fallopian Tube * Fertilised * Circle * Seasons * Change * Control * Acceptance * Looking forward * Excited * Nervous * Anxious |

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| Learning Sequence | |
| **Unique Me** | * To understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm. |
| **Having a Baby** | * To understand what responsibilities there are in parenthood and the joy it can bring and to consider what has influenced my life and what might influence the lives of other people. |
| **Girls and Puberty** | * To describe how a girl’s body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this. |
| **Circles of Change** | * To know how the circle of change works and can apply it to changes I want to make in my life. |
| **Accepting Change** | * To identify changes that have been and may continue to be outside of my control that I learnt to accept. |
| **Looking Ahead** | * To identify what I am looking forward to when I move to a new class. |
| Assessment milestones | |
| **Social and Emotional Skills**   * I can summarise the changes that happen to boys’ and girls’ bodies that prepare them for making a baby when they are older. * I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen. | |