


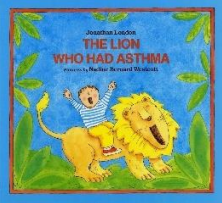

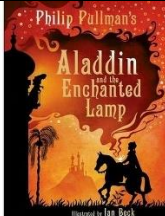
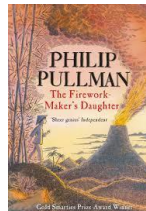
St Mary's Horsforth – Personal Development Knowledge Organiser – Year 4 – Autumn 1



PSHE and Relationship Education	Mindmate	Character Education
Identity, society and equality: Democracy	Feeling good and being me: Feelings - Intensity	Respect, courtesy and thankfulness
What should I already know?	What should I already know?	What should I already know?
<ul style="list-style-type: none"> About valuing the similarities and differences between themselves and others. Learn about what is meant by community. Learn about belonging to groups. 	<ul style="list-style-type: none"> Recognise that that they may experience strong emotions such as anger Learn there are ways to cope with these strong emotions 	<ul style="list-style-type: none"> Why school rules are made and what happens if we break them? How to help to make a rule for our classroom. How to show respect and courtesy by being polite and using good manners towards everyone. How to take care of the things that God has given us How to be thankful at Harvest time.
What will I know at the end of the unit?	What will I know at the end of the unit?	What will I know at the end of the unit?
<ul style="list-style-type: none"> About Britain as a democratic society About how laws are made. Learn about the local council. 	<ul style="list-style-type: none"> Extend their vocabulary to enable them to explain both the range & intensity of their feelings to others. Recognise & respond appropriately to a wider range of feelings in others. 	<ul style="list-style-type: none"> I understand how the virtues of respect and courtesy allow our school to be a more orderly environment where everyone feels valued. I live our school and class rules every day and help make our classroom rules. I know that recognising the beauty and wonder in the world around me affects others as well as myself. How I can show generosity to others during Harvest-time (CAFOD appeal, family fast day).
Key Vocabulary	Key Vocabulary	Key Vocabulary
Democracy, laws, local council	Intensity, feelings, range, recognise, respond	Respect, courtesy, thankfulness, appeal, fast
Recommended books	Recommended books	Recommended books

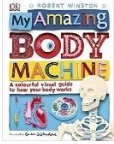
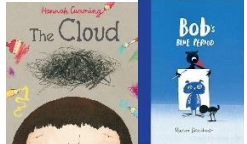
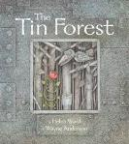
St Mary's Horsforth – Personal Development Knowledge Organiser – Year 4 – Autumn 2



PSHE and Relationship Education	Mindmate	Character Education
Drug, alcohol and tobacco education: Making choices	Friends and family – Skills to maintain and keep positive relationships.	Hope & Patience
What should I already know?	What should I already know?	What should I already know?
<ul style="list-style-type: none"> The definition of a drug and that drugs (including medicines) can be harmful to people. About the effects and risks of smoking tobacco and second hand smoke. About the help available for people to remain smoke free or stop smoking. 	<ul style="list-style-type: none"> Recognise what is fair & unfair, kind & unkind, what is right & wrong. Recognise when people are being unkind either to them or others. Learn what to do when someone is unfair or unkind. 	<ul style="list-style-type: none"> I appreciate new experiences. I know my positive personal strengths. How to wait patiently. How to show self-control. I can treat other with gentleness even during disagreements at home and school. I know I have a responsibility to show patience with others, at home and in school.
What will I know at the end of the unit?	What will I know at the end of the unit?	What will I know at the end of the unit?
<ul style="list-style-type: none"> That there are drugs (other than medicines) that are common in everyday life, and why people choose to use them. About the effects and risks of drinking alcohol About different patterns of behaviour that are related to drug use. That medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use. 	<ul style="list-style-type: none"> Recognise what constitutes a positive, healthy relationship. Develop the skills to form & maintain positive & healthy relationships. 	<ul style="list-style-type: none"> I keep trying and do not give up and have hope in God. I appreciate new experiences even if they are difficult. I know my positive personal strengths. I appreciate that I have a responsibility to show patience with others, at home, in school and in the wider community. I can wait patiently. I can show self-control. I can treat other with gentleness even during disagreements in lots of different situations.
Key Vocabulary	Key Vocabulary	Key Vocabulary
Drugs, medicine, alcohol, risks	Positive, healthy, relationships, recognise	Hope, patience, gentleness, positive, community
Recommended books	Recommended books	Recommended books
 		 



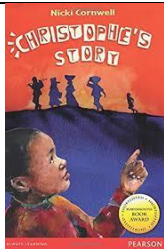
St Mary's Horsforth – Personal Development Knowledge Organiser – Year 4 – Spring 1



PSHE and Relationship Education Designed for a purpose	Mindmate Life changes – positive and negative effects on emotional and mental wellbeing.	Character Education Faith & Simplicity
What should I already know?	What should I already know?	What should I already know?
<ul style="list-style-type: none"> • Ways to maintain and develop good, positive, trusting relationships. • Strategies to use when relationships go wrong. • To learn about harassment and exploitation in relationships, including physical and emotional abuse and how to respond. 	<ul style="list-style-type: none"> • Understand the importance of being co-operative with others. • Understand that change happens & can be challenging. • Understand that adapting to change is key to developing emotional wellbeing. 	<ul style="list-style-type: none"> • God loves me and I trust God to take care of me. • I ask God to guide in my life prayer. • I can share my belief in God with others in class. • My words and actions show my faith in God's love • I know the importance of silent time with God. • I know that people have different Faiths and they people feel strength from their faith • I know that I must develop and caring relationship with the planet. • I can see things from different points of view.
What will I know at the end of the unit?	What will I know at the end of the unit?	What will I know at the end of the unit?
<ul style="list-style-type: none"> • Self-confidence arises from being loved by God. • To look after their bodies as a gift from God. • What is puberty? • What to expect when puberty takes place? • Learn correct naming of genitalia. • Learn what changes will happen to boys during puberty. • Learn what changes will happen to girls during puberty. 	<ul style="list-style-type: none"> • Name some factors, including changes, that can affect people's emotional wellbeing & that feeling different emotions is a part of life. • Understand that everyone's mental health & change can change over time. 	<ul style="list-style-type: none"> • I confidently share my belief in God with others. • I can be silent and spend time with God. • I can share with others all the things I know about people who have different faiths and the strength they receive from their faith. • Ways to develop a caring and effective relationship planet.
Key Vocabulary	Key Vocabulary	Key Vocabulary
Puberty, changes, self-confidence	Changes, emotional wellbeing, emotions, mental health	Faith, living simply, relationship, matters
Recommended books	Recommended books	Recommended books
		

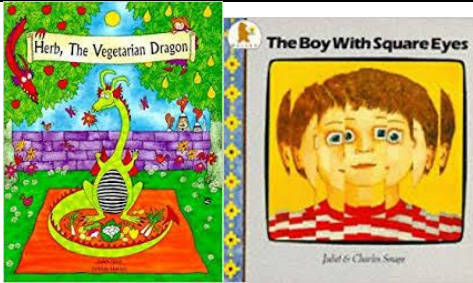

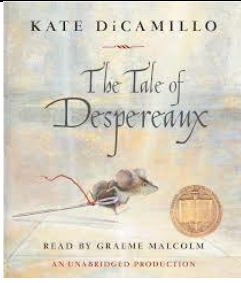
St Mary's Horsforth – Personal Development Knowledge Organiser – Year 4 – Spring 2



PSHE and Relationship Education Created and Loved by God	Mindmate Strong emotions – Resisting pressure	Character Education Charity & Forgiveness
What should I already know?	What should I already know?	What should I already know?
<ul style="list-style-type: none"> To judge well what kind of physical contact is acceptable or unacceptable and how to respond. Self-confidence arises from being loved by God. 	<ul style="list-style-type: none"> Recognise that that they may experience strong emotions such as anger. Learn there are ways to cope with these strong emotions. 	<ul style="list-style-type: none"> I show my love God through concern for others. I know how to cope with some friendship problems.
What will I know at the end of the unit?	What will I know at the end of the unit?	What will I know at the end of the unit?
<ul style="list-style-type: none"> That emotions change as they grow up (including hormonal effects). Positive actions help emotional well-being. To recognise that images in the media do not always reflect reality and can affect how people feel about themselves. Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media. That they were handmade by God with the help of their parents. God is Love as shown by the Trinity – a 'communion of persons supporting each other in their self-giving relationship. To devise practical ways of loving and caring for others. 	<ul style="list-style-type: none"> Know that people can experience conflicting emotions at different times, such as times of loss & change, stress, anxiety & recognise when & how to ask for help. Use basic techniques for resisting pressure to do something dangerous, unhealthy and so on. 	<ul style="list-style-type: none"> I can show respect for different people's views. I know I should love others as I love myself. Actions have consequences for myself and others.
Key Vocabulary	Key Vocabulary	Key Vocabulary
Well-being, caring, loving, communion, Trinity, resilience, inadequacy, media, insecurity	Conflicting emotions, change, stress, anxiety, help, pressure, resisting, dangerous, unhealthy.	Charity, forgiveness, consequences
Recommended books	Recommended books	Recommended books
		

St Mary's Horsforth – Personal Development Knowledge Organiser – Year 4 – Summer 1



PSHE and Relationship Education	Mindmate	Character Education
Physical health and wellbeing: What is important to me?	Being the same and being different: Know actions affect themselves & others	Resilience/Perseverance and Kindness
What should I already know?	What should I already know?	What should I already know?
<ul style="list-style-type: none"> About making healthy choices. About food and drinks. About how branding can affect what foods people. About keeping active and some of the challenges of this. 	<ul style="list-style-type: none"> Learn how to play & work co-operatively with others. Understand that people often need to play / work together to reach a shared outcome. Share their opinions on things that matter to them. 	<ul style="list-style-type: none"> I can recognise when something is difficult. I can identify situations where kindness is required.
What will I know at the end of the unit?	What will I know at the end of the unit?	What will I know at the end of the unit?
<ul style="list-style-type: none"> Why people may eat or avoid certain foods (religious, moral, cultural or health reasons). About other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality). About the importance of getting enough sleep. 	<ul style="list-style-type: none"> Understand that their actions affect themselves & others. Develop self-awareness. Doing the right thing learn the connection between discrimination & uncomfortable feelings. 	<ul style="list-style-type: none"> I can choose commitments wisely. I know strategies to keep me going on a difficult task. I know that small acts of kindness have a positive impact on the world. I can explain the ripple effect of kindness.
Key Vocabulary	Key Vocabulary	Key Vocabulary
Diet, religious, moral, cultural, health, ethical, fair trade, seasonality, sleep, importance	Actions, affect, self-awareness, discrimination	Resilience, perseverance and kindness, ripple effect, impact, strategies
Recommended books	Recommended books	Recommended books
		

St Mary's Horsforth – Personal Development Knowledge Organiser – Year 4 – Summer 2



PSHE and Relationship Education	Mindmate	Character Education
Keeping safe and managing risk: Playing safe	Solving problems/making it better –coping with difficult situations.	Honesty and Service
What should I already know?	What should I already know?	What should I already know?
<ul style="list-style-type: none"> To recognise bullying and how it can make people feel. About different types of bullying and how to respond to incidents of bullying. About what to do if they witness bullying. 	<ul style="list-style-type: none"> Understand that people often need to play / work together to reach a shared outcome even when they disagree. Begin to understand empathy & why people can be different (in behaviour & image). 	<ul style="list-style-type: none"> I know I must be honest with myself. I know my gifts and how to use them to serve others.
What will I know at the end of the unit?	What will I know at the end of the unit?	What will I know at the end of the unit?
<ul style="list-style-type: none"> How to be safe in their computer gaming habits. About keeping safe near roads, rail, water, building sites and around fireworks. About what to do in an emergency and basic emergency first aid procedures. 	<ul style="list-style-type: none"> Recognise that, at times, they may experience conflicting emotions. Understand more about managing their emotions. 	<ul style="list-style-type: none"> The importance of being honest with my friends. I recognise the talents and gifts of other people and how they use them to help others.
Key Vocabulary	Key Vocabulary	Key Vocabulary
Gaming, keeping safe, emergency, basic, first aid	Conflicting, emotions, understand, manage, strategies	Honesty, service, talents, gifts, serve
Recommended books	Recommended books	Recommended books
