



# Know Yourself, Grow Yourself – Fulbourn Primary School Personal Development Programme



## Middle School Years 3/4

Year A	PSHE Scheme Unit Links	Candle Times
<b>Autumn 1 – Building our Tribe</b>	<p style="text-align: center;"><b>Tribe Week</b> BB3/4</p> <p style="text-align: center;">How can we build relationships in our class and how does this benefit me? What does it feel like to be new or to start something new?</p> <p style="text-align: center;">RR 3/4</p> <p style="text-align: center;">What does it mean to be treated and to treat others with respect? Who are those in positions of authority within our school and communities and how can we show respect? Why do we need rules at home and at school? What part can I play in making and changing rules?</p> <p style="text-align: center;">WT 3/4</p> <p style="text-align: center;">How can different people contribute to a group task? How can I persevere and overcome obstacles to my learning? How can I work well in a group?</p> <p style="text-align: center;">ME 3/4</p> <p style="text-align: center;">How do I care for other people’s feelings? Who can I talk to about the way I feel? How can I disagree without being disagreeable?</p> <p style="text-align: center;"><b>PS 3/4</b></p> <p style="text-align: center;"><b>How do I recognise my own feelings and communicate them to others? Which school/classroom rules are about helping people to feel safe? Can I recognise when my Early Warning Signs are telling me I don’t feel safe? What qualities do trusted adults and trusted friends have? Who is on my personal network and how can I ask them for help?</b></p>	<ol style="list-style-type: none"> <li>1. Refresh Talk books and Bubble Time routines</li> <li>2. Who could I talk to if I have a worry or need to ask for help? (inc external support – 999, NSPCC etc)</li> <li>3. Responsive / celebration – belonging</li> <li>4. Online safety</li> <li>5. Responsive / celebration – belonging</li> <li>6. Healthy friendships –What is a healthy friendship and how does trust play an essential part? Managing conflict (conflict resolution)</li> </ol>
<b>Autumn 2 – Anti Bullying and Belonging</b>	<p style="text-align: center;">AB 3/4</p> <p style="text-align: center;">How are falling out and bullying different? How do people use power when they bully others? What are the key characteristics of different types of bullying?</p> <p style="text-align: center;">DC 3/4</p> <p style="text-align: center;">What have we got in common and how are we different? How might others’ expectations of girls and boys affect people’s feelings and choices? How are our families the same and how are they different?</p>	<ol style="list-style-type: none"> <li>1. Our talents and skills – links to Skills Builder</li> <li>2. Healthy friendships – what skills do I need for choosing, making and developing healthy friendships? Managing conflict</li> <li>3. Responsive / celebration – belonging</li> <li>4. Online safety</li> </ol>

	<b>First Aid – St John’s Ambulance lesson – Allergies</b>	<p>5. Responsive / celebration – belonging</p> <p>6. Responsive / celebration – belonging</p>
<b>Spring 1 – Digital Lifestyle</b>	<p><b>Tribe Day – BB/WT</b></p> <p>WT3/4</p> <p>What am I good at and what are others good at? What new skills would I like or need to develop?</p> <p><b>Digital Lifestyles</b></p> <p><b>How might my use of technology change as I get older, and how can I make healthier and safer decisions? How does my own and others’ online identity affect my decisions about communicating online? How might people with similar likes &amp; interests get together online? Can I explain the difference between “liking” and “trusting” someone online?</b></p> <p>ME 3/4</p> <p>How can I communicate my emotions? Can I recognise some simple ways to manage difficult emotions?</p>	<p>1. Refresh Talk books and Bubble Time routines</p> <p>2. Who could I talk to if I have a worry or need to ask for help? (St John’s Ambulance lesson - Calling for Help)</p> <p>3. Responsive / celebration – belonging</p> <p>4. Online safety</p> <p>5. Healthy friendships – how can I help to resolve disagreements positively by listening and compromising? Managing conflict</p>
<b>Spring 2 – Growing and Changing</b>	<p>AB3/4</p> <p>How can lack of respect and empathy towards others lead to bullying? What is the difference between direct and indirect forms of bullying?</p> <p><b>RSE RS3</b></p> <p><b>How are male and female bodies different and what are the different parts called? When do we talk about our bodies, how they change, and who do we talk to? What can my body do and how is it special? Why is it important to keep myself clean? What can I do for myself to stay clean and how will this change in the future? How do different illnesses and diseases spread and what can I do to prevent this?</b></p>	<p>1. Our talents and skills – links to Skills Builder</p> <p>2. Healthy friendships – Can I empathise with other people in a disagreement? Managing conflict</p> <p>3. Responsive / celebration – belonging</p> <p>4. Online safety</p> <p>5. Responsive / celebration - belonging</p>
<b>Summer 1 – Being my Best</b>	<p><b>Tribe Day: Financial Capability</b></p> <p><b>What different ways are there to earn and spend money? What do saving, spending and budgeting mean to me? How can I decide what to spend my money on and choose the best way to pay?</b></p> <p>WT 3/4</p> <p>How well can I listen to other people? How do I ask open questions? How can I share my views and opinions effectively?</p> <p>ME 3/4</p> <p>Why is it important to accept and feel proud of who we are? What does the word ‘unique’ mean and what do I feel proud of about myself?</p> <p><b>First Aid – St John’s Ambulance lesson – Bleeding</b></p>	<p>1. Refresh Talk books and Bubble Time routines</p> <p>2. Who could I talk to if I have a worry or need to ask for help? (inc external support – 999, NSPCC etc)</p> <p>3. Responsive / celebration – belonging</p> <p>4. Online safety</p> <p>5. Healthy friendships – How do my family members help each other to feel safe and secure even when things are tough? Managing conflict</p>

<p><b>Summer 2 – Healthy Me</b></p>	<p style="text-align: center;">MC 3/4</p> <p style="text-align: center;">What changes have I and my peers already experienced and what might happen in the future?          What helps me when I’m experiencing strong emotions due to loss or change?          What strategies help me to thrive when my friendships change?</p> <p style="text-align: center;">HL 3/4</p> <p style="text-align: center;">What does healthy eating and a balanced diet mean?          What is an active lifestyle and how does it help me to be healthier?          What is mental wellbeing and how is it affected by my physical health?          How much sleep do I need &amp; what happens if I don’t have enough?</p>	<ol style="list-style-type: none"> <li>1. Our talents and skills – links to Skills Builder</li> <li>2. Healthy friendships – who is in my network of special people now and how do we affect and support each other? Managing conflict</li> <li>3. Responsive / celebration – belonging</li> <li>4. Online safety</li> <li>5. Responsive / celebration – belonging</li> </ol>
-------------------------------------	--	---

Year B	PSHE Scheme Unit Links	Candle Times
<p><b>Autumn 1 – Building our Tribe</b></p>	<p style="text-align: center;"><b>Tribe Week</b> BB3/4</p> <p style="text-align: center;">How can I help children and adults feel welcome in school?          What helps me manage a new situation or learn something new?</p> <p style="text-align: center;">RR 3/4</p> <p style="text-align: center;">What do we mean by rights and responsibilities?          What are my responsibilities at home and at school?          How do we make democratic decisions in school?          What is a representative and how do we elect them?</p> <p style="text-align: center;">WT 3/4</p> <p style="text-align: center;">How can different people contribute to a group task?          How can I persevere and overcome obstacles to my learning?          How can I work well in a group?</p> <p style="text-align: center;">ME 3/4</p> <p style="text-align: center;">How do I care for other people’s feelings?          Who can I talk to about the way I feel?          How can I disagree without being disagreeable?</p> <p style="text-align: center;"><b>PS 3/4</b></p> <p style="text-align: center;"><b>What could I do if I feel worried about a friendship or family relationship?          What sort of physical contact do I feel comfortable with and what could I do if physical contact is unwanted?          How can I decide if a secret is safe or unsafe?          How can I keep safe online?</b></p>	<ol style="list-style-type: none"> <li>1. Refresh Talk books and Bubble Time routines</li> <li>2. Who could I talk to if I have a worry or need to ask for help? (inc external support – 999, NSPCC etc)</li> <li>3. Responsive / celebration – belonging</li> <li>4. Online safety</li> <li>5. Responsive / celebration – belonging</li> <li>6. Healthy friendships – what are the characteristics of a healthy friendship? Managing conflict (conflict resolution)</li> </ol>
<p><b>Autumn 2 – Anti Bullying</b></p>	<p style="text-align: center;"><b>Anti Bullying Week</b> AB 3/4</p> <p style="text-align: center;">What are bystanders and followers and how might they feel?          Do I understand that bullying might affect how people feel for a long time?</p>	<ol style="list-style-type: none"> <li>1. Our talents and skills – links to Skills Builder</li> </ol>

<p><b>and Belonging</b></p>	<p style="text-align: center;">DC 3/4</p> <p>Do people who live in my locality have different traditions, cultures and beliefs?  How does valuing diversity benefit everyone?  Why are stereotypes unfair and how can I challenge them?  How do people in my locality benefit from being part of different groups?</p> <p style="text-align: center;"><b>DE 3/4</b></p> <p><b>What medical &amp; legal drugs do I know about, and what are their effects?  Who uses and misuses legal drugs?  Why do some people need medicine and who prescribes it?  What are immunisations and have I had any?  What are the safety rules for storing medicine and other risky substances?  What should I do if I find something risky, like a syringe?</b></p> <p style="text-align: center;"><b>First Aid – St John’s Ambulance lesson - Asthma</b></p>	<ol style="list-style-type: none"> <li>2. Healthy friendships – how can I check with my friends that their personal boundaries have not been crossed? Managing conflict</li> <li>3. Responsive / celebration – belonging</li> <li>4. Online safety</li> <li>5. Responsive / celebration – belonging</li> <li>6. Responsive / celebration – belonging</li> </ol>
<p><b>Spring 1 – Digital Lifestyle</b></p>	<p style="text-align: center;"><b>Tribe Day: BB/WT</b></p> <p style="text-align: center;">WT 3/4</p> <p>What is useful evaluation?  How do I give constructive feedback and receive it from others?</p> <p style="text-align: center;"><b>Digital Lifestyles</b></p> <p><b>What does it mean to show respect online, and how could my feelings, and those of others, be affected by online content or contact?  When looking at online content, what is the difference between opinions, beliefs and facts?  Why is it important to ration the time we spend using technology and/or online?  How might the things I see and do online affect how I feel and how healthy I am, and how can I get support when I need it?  Why are social media, some computer games, online gaming and TV/films age restricted and how does peer influence play a part in my decision making?</b></p> <p style="text-align: center;">ME 3/4</p> <p>What does it mean when someone says I am “over reacting” and how do I show understanding towards myself and others?</p>	<ol style="list-style-type: none"> <li>1. Refresh Talk books and Bubble Time routines</li> <li>2. Who could I talk to if I have a worry or need to ask for help? (St John’s Ambulance lesson - Calling for Help)</li> <li>3. Responsive / celebration – belonging</li> <li>4. Online safety</li> <li>5. Healthy friendships – how do my friends and family support each other? Managing conflict</li> </ol>
<p><b>Spring 2 – Growing and Changing</b></p>	<p style="text-align: center;">AB 3/4</p> <p>How can I support people I know who are being bullied by being assertive?  How does my school prevent bullying and support people involved?</p> <p style="text-align: center;"><b>RSE RS4</b></p> <p><b>What are the main stages of the human life cycle?  How did I begin?  What does it mean to be ‘grown up’?  What am I responsible for now and how will this change?  How do different caring, stable, adult relationships create a secure environment for children to grow up?</b></p>	<ol style="list-style-type: none"> <li>1. Our talents and skills – links to Skills Builder</li> <li>2. Healthy friendships – what is a healthy friendship? Managing conflict</li> <li>3. Responsive / celebration – belonging</li> <li>4. Online safety</li> <li>5. Responsive / celebration - belonging</li> </ol>

<p><b>Summer 1 – Being my Best</b></p>	<p style="text-align: center;"><b>Tribe Day: Financial Capability</b>  <b>What might my family have to spend money on?</b>  <b>What is ‘value for money’?</b>  <b>How do my feelings about money change?</b>  <b>How do my choices affect my family, the community, the world and me?</b></p> <p style="text-align: center;">WT 3/4  What am I good at and what are others good at?  What new skills would I like or need to develop?</p> <p style="text-align: center;">ME 3/4  How do my actions and feelings affect the way I and others feel?  Why is mental wellbeing as important as physical wellbeing?</p> <p style="text-align: center;"><b>First Aid – St John’s Ambulance lesson – Bites and Stings</b></p>	<ol style="list-style-type: none"> <li>1. Refresh Talk books and Bubble Time routines</li> <li>2. Who could I talk to if I have a worry or need to ask for help? (inc external support – 999, NSPCC etc)</li> <li>3. Responsive / celebration – belonging</li> <li>4. Online safety</li> <li>5. Healthy friendships – how do good friends behave on and offline and how do I feel as a result? Managing conflict</li> </ol>
<p><b>Summer 2 – Healthy Me</b></p>	<p style="text-align: center;">MC 3/4  How might I behave when I feel strong emotions linked to loss and change?  How might people feel when loved ones or pets die, or they are separated from them for other reasons?  What changes might people welcome and how can they plan for these?  What strategies help me to thrive when my friendships change?</p> <p style="text-align: center;">HL 3/4  How do nutrition and physical activity work together?  How can I plan and prepare simple, healthy meals safely?  How can I look after my teeth and why is it important?  Who is responsible for my lifestyle choices and how are these choices influenced?</p>	<ol style="list-style-type: none"> <li>1. Our talents and skills – links to Skills Builder</li> <li>2. Healthy friendships – what is a healthy friendship? Managing conflict</li> <li>3. Responsive / celebration – belonging</li> <li>4. Online safety</li> <li>5. Responsive / celebration – belonging</li> </ol>