



Ready,
Respectful, Safe

CATHCART STREET PRIMARY SCHOOL

PSHE & RSE

YEAR 4

Autumn	1	1	<ul style="list-style-type: none"> Being Me – Being Part of A Class Team Being Part of A Class Team 	PSHE	Jigsaw	
		2	<ul style="list-style-type: none"> Being Me – Being A School Citizen Being A School Citizen 		Jigsaw	
		3	<ul style="list-style-type: none"> Being Me – Democracy & School Council Rules, Rights & Responsibilities 		Jigsaw	
		4	<ul style="list-style-type: none"> Being Me – Rewards & Consequences Rewards & Consequences 		Jigsaw	
		5	<ul style="list-style-type: none"> Being Me –Group Decision-Making Our Learning Charter 		Jigsaw	
		6	<ul style="list-style-type: none"> Being Me – Having a Voice Owning Our Learning Charter 		Jigsaw	
	2	1	<ul style="list-style-type: none"> Alcohol – Effects of Alcohol 	PSHE	CW	
		2	<ul style="list-style-type: none"> Alcohol – Alcohol & Risk 		CW	
		3	<ul style="list-style-type: none"> Alcohol – Limits to Drinking Alcohol 		CW	
		4	<ul style="list-style-type: none"> Healthy Me – Alcohol Alcohol 		Jigsaw	
		5	<ul style="list-style-type: none"> Healthy Me – Assertiveness Celebrating My Inner Strength 		Jigsaw	
		6	<ul style="list-style-type: none"> Healthy Me – Peer Pressure Healthy Friendships 		Jigsaw	
		7	<ul style="list-style-type: none"> Healthy Me – Group Dynamics Group Dynamics 		Jigsaw	
		8	<ul style="list-style-type: none"> Healthy Me – Body Care 		RSE	Y&T
		9	<ul style="list-style-type: none"> Healthy Me – Body Image 		P	DOVE
	Spring	1	1	<ul style="list-style-type: none"> Relationships - Jealousy Jealousy 	PSHE	Jigsaw
			2	<ul style="list-style-type: none"> Relationships – Love & Loss Love & Loss 		Jigsaw
			3	<ul style="list-style-type: none"> Relationships – Memories Memories 		Jigsaw
4			<ul style="list-style-type: none"> Relationships – Friendships & Secrets 	RSE		Y&T
5			<ul style="list-style-type: none"> Relationships – Getting On & Falling Out Getting On & Falling Out 	PSHE		Jigsaw
6			<ul style="list-style-type: none"> Relationships – Families & Getting On With Our Families 			Y&T
2		1	<ul style="list-style-type: none"> Relationships – Safe Online Relationships 	RSE	CEOPS	
		2	<ul style="list-style-type: none"> Changing Me - Unique Me Unique Me 		Jigsaw	
		3	<ul style="list-style-type: none"> Changing Me – Inside Body Changes Inside Body Changes 		Jigsaw	

		4	<ul style="list-style-type: none"> Changing Me – Girl's Changes Girls & Puberty 		Jigsaw
		5	<ul style="list-style-type: none"> Changing Me – My Personal & Private Parts 		Y&T
Summer	1	1	<ul style="list-style-type: none"> Celebrating Differences – Challenging Assumptions & Appearances Judging by Appearance 	PSHE	Jigsaw
		2	<ul style="list-style-type: none"> Celebrating Differences – Accepting Myself & Understanding Influences Understanding Influences 		Jigsaw
		3	<ul style="list-style-type: none"> Celebrating Differences – Understanding Bullying Understanding Bullying 		Jigsaw
		4	<ul style="list-style-type: none"> Celebrating Differences – Problem Solving Problem Solving 		Jigsaw
		5	<ul style="list-style-type: none"> Celebrating Differences – How Special We Are Special Me 		Jigsaw
		6	<ul style="list-style-type: none"> Celebrating Differences – First Impressions How We Look 		Jigsaw
		7	<ul style="list-style-type: none"> Expect Respect – Examining Violence, Excuses & Responsibility 		ExRes
		8	<ul style="list-style-type: none"> Water Safety x 3 (7-9 Yrs Lessons – 4 & 5) 		WS
	2	1	<ul style="list-style-type: none"> Young Citizens Developing Positive Communities – My Community 	PSHE	YCit
		2	<ul style="list-style-type: none"> Young Citizens Developing Positive Communities – Community Centre 		YCit
		3	<ul style="list-style-type: none"> Young Citizens Developing Positive Communities – Homelessness 		YCit
		4	<ul style="list-style-type: none"> Young Citizens Developing Positive Communities – How Can I Make a Difference? 		YCit
		5	<ul style="list-style-type: none"> Dreams & Goals – Hopes & Dreams Hopes & Dreams 		Jigsaw
		6	<ul style="list-style-type: none"> Dreams & Goals – Overcoming Disappointment Overcoming Disappointment 		Jigsaw
		7	<ul style="list-style-type: none"> Dreams & Goals – Creating New Dreams Creating New Dreams 		Jigsaw
		8	<ul style="list-style-type: none"> Dreams & Goals – Achieving Goals Achieving Goals 		Jigsaw
		9	<ul style="list-style-type: none"> Dreams & Goals – Celebrating Contributions, Working In a Group, Positive Attitudes We Did It! 		Jigsaw