

Ashtree Primary School and Nursery Medium Term Plan for PSHE

Year 4 Summer Term – RSE

Prior skills:

1. To identify that people are unique and to respect those differences
2. To explore the differences between male and female bodies
3. Understand personal space and unwanted touch
4. To explore different types of families and who to go to for help and support
5. Identify who to go to for help and support

Prior knowledge:

1. Name male and female body parts using agreed words
2. Know and respect the body differences between ourselves and others
3. To consider appropriate and inappropriate physical contact and consent
4. Understand that each person's body belongs to them
5. Understand that all families are different and have different family members

Key Knowledge:

1. Understand that puberty is an important stage in the human lifecycle
2. Know some changes that happen during puberty
3. Know about the physical and emotional changes that happen in puberty
4. Understand that children change into adults to be able to reproduce if they choose to
5. Know that respect is important in all relationships including online

Key Skills:

1. To explore the human lifecycle
2. To identify some basic facts about puberty
3. To explore how puberty is linked to reproduction
4. To explore respect in a range of relationships
5. To discuss the characteristics of healthy relationships
6. Explain how friendships can make people feel unhappy or uncomfortable.

Vocabulary:

Puberty, change, reproduce, comfortable, uncomfortable, penis, testicles, nipples, vulva, uterus,

Future Knowledge:

1. To understand male and female puberty changes in more detail
2. Understand how puberty affects the reproductive organs
3. To explore the impact of puberty on the body and the importance of physical hygiene
4. To know and explain how to keep clean during puberty
5. To know and explain how emotions/relationships change during puberty
6. Know how to get help and support during puberty