

Below are the PSHRE units that children will study across Year 3 and Year 4 at The Rydal Academy. They are split in to half terms or terms depending on the length of the unit. There is a brief explanation of each focus area and suggestions for activities that you can do with your child at home to support their learning.

Year 3		Year 4	
Autumn 1	<p><b>Friends.</b></p> <p>Children will learn about how friendships make us feel included and about personal boundaries.</p> <p>Talk with the children about personal boundaries and how we all need our space and when it's appropriate to cross personal boundaries.</p> <p>Watch: <a href="https://www.youtube.com/watch?v=MGQzDfbwWko&amp;list=PL_GNAnChekN3T4VBMjC029uUZatrc-PRv&amp;index=2">https://www.youtube.com/watch?v=MGQzDfbwWko&amp;list=PL_GNAnChekN3T4VBMjC029uUZatrc-PRv&amp;index=2</a> Talk about how the characters feel about personal space.</p>	Autumn 1	<p><b>Friends.</b></p> <p>Children will learn how to show respect in friendships, how to resolve conflict and strategies to respond to hurtful behaviour.</p> <p>Watch: <a href="https://www.youtube.com/watch?v=byDTTtWtq0">https://www.youtube.com/watch?v=byDTTtWtq0</a> and talk about the ways they can resolve conflict.</p> <p>Talk to the children about what the word respect means and how you show each other respect in the family and with friends.</p>
Autumn 2	<p><b>Ourselves.</b></p> <p>Children will learn the risks associated with an inactive lifestyle and the importance of sleep.</p> <p>Watch: <a href="https://www.youtube.com/watch?v=sWEuvQujt_4">https://www.youtube.com/watch?v=sWEuvQujt_4</a> Talk about how sleep affect us.</p> <p>Talk to the children about how they feel when they are just sat around doing nothing. What do they think are the negative aspects of an inactive lifestyle?</p>	Autumn 2	<p><b>Ourselves.</b></p> <p>Children will learn to recognise the signs of early ill health and where to go if they become worried about their health.</p> <p>Talk with the children about when we get ill and who they can talk to if they are worried about their health.</p>
Spring 1	<p><b>Online safety.</b></p> <p>Children will learn about respect and personal responsibility online and how to respond safely and appropriately to people online.</p> <p>Talk to the children about how to be respectful online and how they should act the same online as they would in person.</p>	Spring 1	<p><b>Online safety.</b></p> <p>Children will learn about cyberbullying and how to respond to negative issues online.</p> <p>Talk to the children about cyberbullying, visit <a href="https://www.saferinternet.org.uk/blog/cyberbullying-advice-parents-and-carers">https://www.saferinternet.org.uk/blog/cyberbullying-advice-parents-and-carers</a> for advice on cyberbullying and how to have a conversation with the child.</p>
Spring 2	<p><b>The wider world.</b></p> <p>Children will learn about why we have rules in society and about personal responsibilities.</p> <p>Talk about why we have rules, what rules do you have in the house? What happens if the break the rules of society?</p> <p>Watch: <a href="https://www.youtube.com/watch?v=RGJpO2qHUbQ">https://www.youtube.com/watch?v=RGJpO2qHUbQ</a> Talk about how their actions affect themselves and others.</p>	Spring 2	<p><b>The wider world.</b></p> <p>Children will learn about the wider community and how to look after the environment.</p> <p>Talk to the children about the community you live in including family, local area such as shops, parks, activities and sports that they are involved in.</p> <p>Watch: <a href="https://www.youtube.com/watch?v=bn8R_XgjiI0">https://www.youtube.com/watch?v=bn8R_XgjiI0</a> and talk about the things you could do as a family to help the environment.</p>
Summer 1	<p><b>Mental wellbeing.</b></p> <p>Children will learn about strategies and behaviours that can help support mental wellbeing and where to get support.</p> <p>Talk about the refocus and return techniques that the children use at school.</p> <p>Have a go at some mindfulness techniques.</p> <p>Watch: <a href="https://www.youtube.com/watch?v=QTsUEOUaWpY">https://www.youtube.com/watch?v=QTsUEOUaWpY</a> for a better understanding of mindfulness.</p>	Summer 1	<p><b>Mental wellbeing.</b></p> <p>Children will learn how to recognise their feelings and how and where to seek support.</p> <p>Watch: <a href="https://www.youtube.com/watch?v=hAckcoesj4s">https://www.youtube.com/watch?v=hAckcoesj4s</a> Have a go at create an emotions journal.</p> <p>Talk with the children about how they are feeling at that moment.</p>

<b>Summer 2</b>	<p><b>Families.</b></p> <p>Children will learn about self-respect, how to recognise if family are making them feel unhappy or unsafe and where to get help.</p> <p>Talk with the children about all the things they are good at and like about themselves, what do you like about your child?</p>	<p><b>Families.</b></p> <p>Children will learn about the characteristics of a positive family life and about personal space and boundaries.</p> <p>Create a family tree by drawing around a hand on each figure identify a characteristic that makes a positive family life such as love for each other stability.</p> <p>Talk with the children about safe and unsafe touch.</p>
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