



Aiming For Excellence - Being The Best We Can Be

Year 4 PSHE Knowledge Organiser

What should I already know?

Respectful of their own bodies, character and giftedness
Appreciative for blessings; Grateful to others & God; Patient when they do not always get what they want

Me, My Body My health

Me

Everyone expresses their uniqueness in different ways and that being different is not always easy

Strategies to develop self-confidence and self-esteem

Each person has a purpose in the world

That similarities and differences between people arise from several different factors (See protected characteristics of the Equality Act 2010, Part 2, Chapter 1, sections 4-12)

My body

Their body will change and develop as they grow

About the growth and development of humans and the changes experienced during puberty

The names of the main parts of the body, including identifying and correctly naming genitalia (e.g. penis and vagina)

My health

How to make informed choices that have an impact on their health



Emotional Well-being

Emotional well-being

Their emotions may change as they approach and as they grow and move through puberty
To extend their vocabulary to deepen their understanding of the range and intensity of their feelings
What positively and negatively affects their physical, mental and emotional health (including the media)
To recognise how images in the media do not always reflect reality and can affect how people feel about themselves

Attitudes

That some behaviour is unacceptable, unhealthy or risky
Strategies to build resilience in order to identify and resist unacceptable pressure from a variety of sources



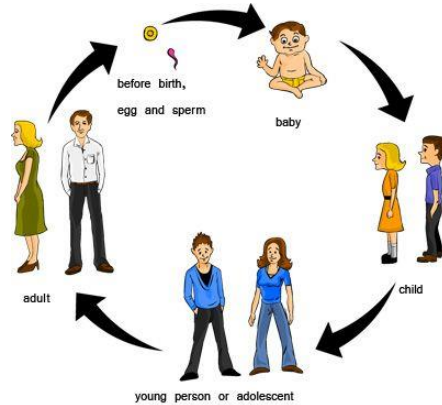
Life cycles

Life cycles

How a baby grows and develops in its mother's womb
To recognise the differences that occur at each stage of a human being's development (including childhood, adolescence, adulthood, older age)

Fertility

The nature and role of menstruation in the fertility cycle
How human life is conceived in the womb, including the language of sperm and ova



Vocabulary

Designed	Planned what it would be like
Purpose	Reason
Love	Seeking the best for someone
Vocation	Calling
Virtue	Quality
Prayer	Petition
Worship	Revere
Healthy	Petition
Puberty	Adolescence, sexual maturity
Hormones	Chemical substances which cause changing emotions & mood swings
Penis	External male organ, used for copulation & excretion of urine
Testicles	A male reproductive gland producing sperm
Scrotum	The bag of skin which contain the testicles
Vulva	Female external genitals
Vagina	Genital passage running from the womb to the external opening
Breasts	Mammary glands in women
Pubic hair	Hair which grows between the legs at Puberty
Periods	Menstrual discharge, monthly discharge of blood
Angry	Annoyed
Bored	Tired of something
Upset	distressed
Social media	Broadcasting in Television, radio, newspapers or magazines
Thankful	Grateful
Trust	Reliance
Womb	Uterus
Ova	Female egg
Sperm	Male semen, seed
Fallopian tube	Two tubes which the ova pass, from the ovary to the uterus
Fertilised	When the sperm and egg become one
Conception	Beginning of life, when an egg is fertilised
Implantation	When the fertilised egg attaches to the womb
Embryo	Fertilised egg which is less than 8 weeks old
Foetus	Fertilised egg which is more than 8 weeks old
Umbilical cord	Long flexible tube connecting the foetus to the placenta



Important facts

We are created individually by God who is Love, designed in His own image and likeness; God made us with the desire to be loved and to love and 'to make a difference': each of us has a specific purpose (vocation); Every human life is precious; Prayer and worship are necessary ways of growing in our relationship with God; Similarities and differences between people arise as they grow and make choices, and that by living and working together we create community; Self-confidence arises from being loved by God. There is a need to respect and look after their bodies as a gift from God.

Puberty takes place between 9-15 years old. Boys will get taller, bigger and more muscular; Private parts will get bigger; Their voices deeper; hair will grow on their face, armpits and as pubic hair around the penis and testicles; Might get spots & sweat more; Changes in hormones leading to mood swings

Girls will also get taller; breasts & hips will get bigger; Hair will grow under the arms, on legs, some on upper lip & pubic hair between the legs; Start having periods; Might get spots & sweat more; Changes in hormones leading to mood swings.

Positive actions help emotional well-being; Talking to trusted people help emotional well-being

Images in the media do not always reflect reality and can affect how people feel about themselves.

Some behaviour is wrong, unacceptable, unhealthy and risky; Thankfulness builds resilience against feelings of envy, inadequacy and insecurity, and against pressure from peers and the media.

They were handmade by God with the help of their parents; A baby grows and develops in its mother's womb;

That throughout their lives human beings act at three integrated levels: physical, psychological and spiritual.

Quiz

- 1 How do you get to know your maker better?
- 2 What makes you feel confident?
- 3 What is a healthy lunch?
- 4 What do you know about puberty?
- 5 What changes may you see in a boy at puberty?
- 6 What changes may you see in a girl at puberty?
- 7 What things that I see or hear affect how I feel about myself?
- 8 What does emotional well-being mean?
- 9 How do images in the media affect us?
- 10 What builds resilience?










Following Jesus' footsteps and inspired by St Robert Southwell we work hard, aim high and treat everyone with honesty and gentleness.



St Robert Southwell Catholic Primary School

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<p>In a Catholic school, pupils are growing to be: Just and fair in their treatment of other people, locally, nationally and globally People who serve others, locally, nationally and globally Active in their commitment to bring about change</p>		<table><tr><td>God</td><td>Eternal Creator who we worship</td></tr><tr><td>Father</td><td>Our loving Carer, Abba</td></tr><tr><td>Son</td><td>Our Saviour, Adam</td></tr><tr><td>Holy Spirit</td><td>Our Comforter, Amara</td></tr><tr><td>Trinity</td><td>Three in one</td></tr><tr><td>Image</td><td>Copy</td></tr><tr><td>Noticed</td><td>Seen</td></tr><tr><td>Recognised</td><td>Acknowledged</td></tr><tr><td>Included</td><td>Involved</td></tr><tr><td>Respected</td><td>Valued</td></tr><tr><td>Appreciated</td><td>Treasured</td></tr><tr><td>Secure</td><td>Safe</td></tr><tr><td>Loved</td><td>Cared for</td></tr><tr><td>Shared</td><td>Common</td></tr><tr><td>Prayed</td><td>Pleaded</td></tr><tr><td>Praised</td><td>Honoured</td></tr><tr><td>CAFOD</td><td>Catholic Agency For Overseas</td></tr><tr><td>Poverty</td><td>Destitute</td></tr><tr><td>Community</td><td>Neighbourhood</td></tr><tr><td>Skills</td><td>Abilities</td></tr><tr><td>Stay safe</td><td>Remain protected</td></tr><tr><td>Peace</td><td>Serenity</td></tr><tr><td>Support</td><td>Help</td></tr><tr><td>World</td><td>Earth</td></tr><tr><td>Emmaus</td><td>Charity & Community working to end homelessness</td></tr></table>		God	Eternal Creator who we worship	Father	Our loving Carer, Abba	Son	Our Saviour, Adam	Holy Spirit	Our Comforter, Amara	Trinity	Three in one	Image	Copy	Noticed	Seen	Recognised	Acknowledged	Included	Involved	Respected	Valued	Appreciated	Treasured	Secure	Safe	Loved	Cared for	Shared	Common	Prayed	Pleaded	Praised	Honoured	CAFOD	Catholic Agency For Overseas	Poverty	Destitute	Community	Neighbourhood	Skills	Abilities	Stay safe	Remain protected	Peace	Serenity	Support	Help	World	Earth	Emmaus	Charity & Community working to end homelessness	<p>God is Love as shown by the Trinity – a ‘communion of persons supporting each other in their self-giving relationship’; The human family is to reflect the Holy Trinity in mutual charity and generosity.</p> <p>God wants His Church to love and care for others. To devise practical ways of loving and caring for others.</p>
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