

PSHE Year 4 (Autumn 2) #WWSafe

Prior Learning: In Year 3 children will have learnt what a first aider is and how to give first aid to casualties who have been bitten, stung, burnt or scalded and be able to call for help. We will be have learnt to recognise the different types of bullying and strategies to help us respond. Consent focus: To understand safe and unsafe boundaries.

We will learn how to identify risk, manage our own personal safety through developing knowledge, skills and understanding within the “#WWSafe” within the theme of our PSHE Education.

This includes learning about our responsibilities within our environment, how we can keep safe by understanding the difference between making a safe choice and the consequences of making unsafe choices. Being able to manage risk in familiar situations and the local environment; who to ask for help from when regulations and procedures are ignored. Recognising and managing negative feelings. Responding to bullying. Healthy and unhealthy relationships and consent. First aid focus – being able to respond to an allergic reaction or asthma attack.

1. TWAL: How to be responsible for making good choices to stay safe and healthy

2. TWAL: How to identify a situation or hazard that carries a risk

Recap rights and responsibilities from Yr 3. We will learn what responsibility means, how it applies to us and the consequences of not taking responsibility for ourselves, one another and our belongings. We will recognise our responsibilities extend within our local community and be able to explain what these are.

We will learn how to identify dangers, hazards and risks in our local environment and we will learn how to respond to these quickly, calmly and know who to ask for help from. We will be able to recognise our responsibility when taking a risk and the consequences of these risky behaviours to ourselves and others. We will be able to apply our choices to different scenarios, identify what a healthy and safe choice looks like. Understand why regulations are in place and how they can keep us safe.



Responsibility means you do the things you are supposed to do and accept the results of your actions. This means we need to take more responsibility to stay safe and healthy

A danger is the possibility of suffering or harm

A risk is a situation involving exposure to danger

A hazard is a potential source of danger.

Recommended Video story

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks1-ks2-am-i-always-responsible-for-my-actions/zdsyqwx>

3. TWAL: To make a choice to say ‘No’ to bullying

Explore what bullying is and what it is not. We will be able to understand we have a choice to say ‘No’ to negative behaviour from others. We will be able to identify negative behaviours and have a range of strategies to be able to respond to them. We will learn strategies to be able to respectfully stand up to bullies and through role modelling kind and thoughtful behaviour towards others who display negative behaviours towards us. We will be able to explain and discuss our feelings when we experience negative behaviour and who/how to ask for help. We will explore ‘banter’ and situations when it is not fun or acceptable (scenarios) We will learn strategies to help us and others when managing our own and others negative emotions. We will practice having a mindful S.N.A.C.K to support us when we are experiencing negativity. A mindfulness SNACK: S- Stop. N- Notice. A – Accept. C- Curious. K - Kindness



Healthy friendships make people feel included.
Bullies need our help – if we take action it can stop
How and where to get help for ourselves and others

External support for children

NSPCC

<https://www.net-aware.org.uk/>

<https://www.nationalbullyinghelpline.co.uk/>

<http://www.childline.org.uk/>

<https://www.safe4me.co.uk/support-services/>

Recommended Resources: Anti-bullying alliance – Bullying vs Banter



"Show respect even to people who don't deserve it; not as a reflection of their character, but as a reflection of yours"

James White

4. TWAL: To further understand and explore the concept of consent

5. TWAL: To know what makes a relationship healthy or unhealthy.



(See consent overview- 2 sessions)

6 TWAL: How to give first aid for allergic reactions

7. TWAL: How to support someone having an asthma attack

We will learn what an allergy is and how to treat it with medicine and possible first aid. We will learn what preventive measures we can take to stay safe around various allergens. We will be able to recognise the signs of an allergic reaction and an asthma attack and know who to call for help if needed. (See St John lesson plans X 2)



An allergy is an overreaction of your immune system to usually harmless substances

The signs and symptoms of an asthma attack



Recommended Resources/websites
St Johns ambulance – PSHE association
<https://www.anaphylaxis.org.uk/>



Recommended Speakers

Mrs Colley – School Nurse
St Johns Ambulance – First Aid responder volunteer

Words we will know!

Asthma



Responsibility



Risk and Hazard



Consent

