



PSHE Topic: What strengths, skills and interests do we have?

Year: 4 Term: Autumn 1

Key Knowledge/Content:

Caring friendships

Children will understand:

- How important friendships are in making us feel happy and secure, and how people choose and make friends.
- The characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties.

Links to:

Prior learning:

Know what jobs people do.

Future learning:

Talk about what jobs and careers I would like.

Key vocabulary with definition:

Prior vocabulary:

- Qualities- A distinctive attribute or characteristic possessed by someone or something.
- Individuality- The quality or character of a particular person or thing that distinguishes them from others of the same kind, especially when strongly marked.
- Achievements- A thing done successfully with effort, skill, or courage.

New vocabulary:

- Resilience- The capacity to recover quickly from difficulties.
- Setbacks- A reversal or check in progress.
- Personal strength- The attributes, activities, or tasks you excel in.

By the end of this unit

All children can: **recognise** my individuality and personal qualities.

Most children can: **demonstrate** personal attributes, strengths, skills and interests and know how it can contribute to self-esteem.

Some children can: **demonstrate** and **explain** how emotions can be affected when someone experiences setbacks but understand that they can learn from mistakes.

Background understanding for teachers and parents:

Children will learn how to identify skills and attributes in themselves and others. They will discuss how to manage their emotions when they have some setbacks and children will learn strategies about how to reflect and learn from these mistakes.

Curriculum Driver:

Aspiration

Evidence outcome:

Children will set themselves goals for the year for both at home and in school.