

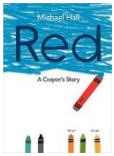


South Gosforth First School
 PSHE –Year Four Autumn Term 2 Overview



What strengths, skills and interests do we have?



<u>Health and Wellbeing</u>	Self-esteem; Self-worth; Personal qualities; Goal setting; Managing set backs		
In this unit pupils learn:	<ul style="list-style-type: none"> • how to recognise personal qualities and individuality • to develop self-worth by identifying positive things about themselves and their achievements • how their personal attributes, strengths, skills and interests contribute to their self-esteem • how to set goals for themselves • how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking 		
PSHE Association Programme of Study references:	H27: to recognise their individuality and personal qualities H28: to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth H29: about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking L25: to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes		
Key vocabulary:	individuality; self-worth; strengths; skills; achievements; interests; goal setting; set-backs; unhelpful thinking		
No Outsiders Text: 	'Red: A Crayon's Story' by Michael Hall	Learning Intention: To be proud of who I am	Success Criteria: I know why people sometimes don't speak up I know everyone in my school should be proud of who they are