



Knowledge Organiser

PSHE

Year 3/4

Theme: Cause and Effect

Spring Term A

Prior Knowledge

Year 3

Children will have an awareness of their feelings and how to look after their overall health. They know who their special people are and how they help them in everyday life. They have some understanding of what makes a good friend and what bullying is.

Year 4

Children should be self-aware and know that their actions and feeling can have an impact on others around them. Children should also have an awareness of how to make a good friendship choice and how friends can make us feel happy and secure. They will have some understanding that you can trust some people but not others.

Application of Knowledge

- To become more self-aware:
- Know how to judge how they are feeling and how they are behaving is appropriate and proportionate
- Others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.
- Stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.
- How important friendships are in making us feel happy and secure, and how people choose and make friends
- Talk about which sort of boundaries are appropriate in friendships with peers and others.

What I will know by the end of this topic

What is mental health? What makes you happy, sad, angry stressed etc.

What is emotional health? How we think and feel.

What is a suitable/sensible goal? Lots of correct answers, eg to improve my handwriting, to get quicker at my times tables, to learn how to play football etc

Can you think of 3 ways that you are similar to someone? Lots of correct answers, eg we both wear glasses, we both enjoy singing, we both have a pet cat, we are both kind etc.

Name at least 6 family members. Lots of correct answers, eg Mum, Dad, brother, sister, step-Mum, step-brother etc.

Name 3 features of a good friend. Lots of correct answers, eg kind, caring, polite, thoughtful, plays games etc

Name 3 features of a bad friend. Lots of correct answers, eg mean, rude, unkind, bossy, etc.

What should you do if someone is being mean to you at school? Speak to a trusted adult, eg a teacher.

What should you do if someone is being mean to you online? Report them/block them using the settings, speak to your trusted adult at home.

Vocabulary

Emotional health	How we think and feel.
Physical health	The condition of your body.
Mental health	What makes you happy, sad, angry, stressed etc.
Goal	Something that you want to achieve that is ambitious but also achievable.
Similarities	Things that you have in common with someone.
Differences	Things that aren't the same between people.
Connected	Things that are linked together by a common thing.
Boundaries	Boundaries are lines that mark the limit of an