

Year 4 Term 5

Have we all got a place in the world?

PSHE



Long-term Memory Knowledge:

Understand that everyone had personal qualities that make them special. Their individuality is shaped by their personality, interests, strengths and experiences.

Identify that they have specific skills, talents and positive attributes.

Recognise what they do well supporting their self-worth.

Understand that self-esteem is recognising their strengths and treating themselves kindly. How we speak to ourselves affects our confidence.

Understand that to set successful goals they have to be specific, realistic, achievable.

Setbacks are normal and everyone makes mistake they help us improve and learn.

A range of emotions can be experiences when experiencing setbacks.

Progression in Resources:

Scenario cards

Roleplay prompts

Circle time discussions

National Curriculum Links:

The importance of self-esteem, independence and having a positive relationship with oneself.

Essential Prior Learning:

Talk about some of the things you like/ dislike and are good at.

Know some of the things that make you special, including personal features and qualities.

Know that everyone has different strengths.

Progression in Skill:

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 setbacks, learn from mistakes and reframe unhelpful thinking.

Relevance

Now	Identify personal qualities about themselves and how these qualities make them different to others; develop a positive sense of self-worth, whilst appreciating everyone's value.
Future	Have a positive relationship with themselves and to have the confidence to try different things.
Aspiration	Go into a field of work that promotes others to develop self-esteem and support a positive outlook.

Key Vocabulary

Self-worth/self-esteem	Evaluation of personal worth
Setback	A delay that hinders achievement
Personal qualities	Traits and behaviour that define how a person operates and interacts with others
Individuality	The quality or character of a particular person or thing that distinguishes them.