



# St Andrew's C of E Maghull

## PSHE Knowledge Organiser

### Year 4 – Autumn 1 – Me and My Relationships

#### Knowledge

Demonstrate strategies for working on a collaborative task;  
Define successful qualities of teamwork and collaboration.  
Explain what we mean by a 'positive, healthy relationship';  
Describe some of the qualities that they admire in others.  
Recognise that there are times when they might need to say 'no' to a friend;  
Describe appropriate assertive strategies for saying 'no' to a friend.  
Explain how different words can express the intensity of feelings.  
Identify a wide range of feelings  
Give examples of strategies to respond to being bullied, including what people can do and say;  
Understand and give examples of who or where pressure to behave in an unhealthy, unacceptable or risky way might come from.

#### Vocabulary

**Neighbours** - person who lives near or next to another  
**Supervisor** - a person who is in charge of overseeing and directing a project or people  
**Nurse** - a person skilled or trained in caring for the sick and maintaining good health in those who are not sick  
**Doctor** - a person who is skilled in healing those who are sick  
**Included** - someone who is part of a whole or group  
**Excluded** - someone who is not part of a whole or a group  
**Belonging** - to be part of something and connected  
**Acceptance** - the act of being accepted  
**Foster parent** - a person who is temporarily serving as their parent  
**Refugee** - a person forced to leave their country to escape war, persecution or natural disaster  
**Police** - responsible for the prevention and detection of crime

#### Lesson Sequence

Lesson 1: I can demonstrate strategies for working on a collaborative task and consider successful qualities of teamwork and collaboration.

Lesson 2: I can explain what we mean by a 'positive, healthy relationship'. and describe qualities I admire in others.

Lesson 3: I can recognise that there are times when they might need to say 'no' to a friend by using appropriate assertive strategies.

Lesson 4: I can understand that different words can express the intensity of feelings.

Lesson 5: I can identify a wide range of feelings and that some people may feel differently to me.

Lesson 6: I can give examples of strategies to respond to being bullied. I can give examples of who or where pressure to behave in an unhealthy, unacceptable or risky way might come from.

