



ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

TOPIC TITLE/SUBJECT: PSHE - Emotions & Families

YEAR GROUP: 4

TERM Summer 2

<p>Vocabulary</p> <ul style="list-style-type: none"> • Nuclear family • Relative • Siblings • Childhood • Sister-in-law • Brother • Sister • Wife • Husband Daughter-in-law • Granddaughter • Niece • Son • Grandson • Widow/widower • Cousin • Stepmother • Stepson • Stepdaughter • Stepbrother • Half-brother • Half-sister • Grandparents • Masculine • Feminine • Children • Grow up • Aunt • Stepfather • Foster family • Uncle • Engaged • Grandmother • Grandfather • Married • Father • Mother • Female/male • Brother-in-law • In-laws • Ex-husband • Twin • Nephew • Separated • Ex-wife • Divorced 	<p>Skills</p> <ul style="list-style-type: none"> • That there are a normal range of emotions that everyone experiences, and how to recognise these in themselves and others. Increasing their vocabulary on emotions. • The role of families. Some families might look different to theirs but all are characterised by love and care – where to get help if they are worried. • To recognise they may experience conflicting emotions and how to manage these, simple self-care techniques and how to recognise the feeling of loneliness. 	<p>What we already know</p> <p>Year 3</p> <ul style="list-style-type: none"> • To recognise and challenge stereotypes • To recognise different types of relationships • Families are important they give, love, stability and security. Characteristics of family life. • Understand there are different types of family • To recognise what constitutes a happy and healthy friendship, they do not make others feel lonely or excluded.
<p>Emotions</p> <ul style="list-style-type: none"> • Happy • Content • Pleased • Relaxed • Peaceful • Jolly • Pleased • Glad • Overjoyed • Delighted • Excited • Elated • Ecstatic • Jubilant • Over the moon • Ticked pink • On cloud nine • Unhappy • Sad • Upset • Down • Disappointed • Troubled • Scared • Afraid • Worried • Troubled • Scared • Concerned • Fearful • Nervous • Apprehensive • Angry • Cross • Furious • Grumpy • Moody • Mad • Surprised • Shocked • Amazed • Dumbfounded • Embarrassed • Abashed • Tired • Sleepy • Drained • Weary • Confused • Baffled • Bewildered • Bemused 	<p>Application/ Outcomes</p> <ul style="list-style-type: none"> • Emotion scales and vocabulary exploration • Discuss regulation techniques and strategies • Distinguish lonely and alone • Discuss healthy and unhealthy family relationships • Explain what marriage and civil partnership is and why people get married • Introduction of Resilience and the Gremlins 	<p>Concepts</p> <ul style="list-style-type: none"> • Marriage • A happy family • Emotions and reacting to emotions • Resilience

Other/Cross Curricular Links with English/Maths/Adaptation for SEND

Computing – managing emotions you may feel online and recognising that these feelings can be just as real

Outdoor Learning – watching clouds

