



Year 4 - Summer 1 - RSE Knowledge Organiser



What I already know...

- How to express your feelings in different ways.
- Some of the things we can do to care for each other.
- Who to ask for help at home and school.
- What are some of the qualities that make good relationships.

Key Vocabulary

Jealousy	When you feel bad because of what someone else has or is doing
Emotions	A person's inner feeling e.g. anger, joy, guilt.
Loss	A separation of something or someone
Memories	Something that has happened and is saved in your mind
Trust	A feeling that someone or something can be relied on
Negotiate	Coming to an agreement through discussion
Empathy	Being able to imagine and understand what someone else feels or experiences

What I will learn...

- To understand there are situations that can cause jealousy and some strategies to problem-solve when we feel jealous
- To identify people we love and express why they are special
- To gain a deeper understanding of how people might feel when they lose someone or something they love.
- To recognize friendships can change and how to make new friends
- To understand how to negotiate and compromise
- To gain a deeper understanding of what makes a good relationship.

Making a difference at The Merton

Our overall theme for this term is "The key to happiness" and we will be exploring what can make us and people around us happy.

We will encourage children to think about how they can make a positive and negative difference to their own and other people's happiness. We will also look at how people feel when people lose someone or something they love and help them to understand the stages people might go through.

We will help them to understand jealousy is a normal emotion but it can make you feel angry and left out and think about healthy ways to cope with jealousy.

Making a difference at home

What makes you, your friends and family happy? Discuss with your friends and family what makes them happy and what you can do to help someone who is feeling sad.

Think about who is special to you and why? Do you have a special toy or teddy?



Year 4 - Summer 2 - RSE Knowledge Organiser



What I already know...

- We all have a range of characteristics that make us who we are
- As we grow up our bodies change
- Changes are a normal part of growing up and everyone experiences changes at different times
- Everyone is different and that is amazing

What I will learn...

- Some of our personal characteristics have come from our birth parents
- The different parts of males and females bodies that are necessary for making a baby
- To understand that making a baby is a personal choice
- To recognize what has influenced our life
- How a girls body changes in order for her to have babies including menstruation
- Understand and respect the changes in our bodies
- Know who to ask for help if we are worried about change
- Identify what we are looking forward to when we move to a new class.

Making a difference at The

At The Merton we will encourage children to celebrate their differences and accept each other's characteristics whilst being the best they can be. The children will learn that babies are made from joining of their parents egg and sperm and they will have a range of characteristics inherited from their parents. They will learn their bodies change during puberty and the ways girls bodies change in order for them to have babies. They will be encouraged to think about how they might be feeling going into new classes and what they are looking forward to next year and understand it is a normal emotion to be nervous about changes.

Key Vocabulary

Menstrual cycle	Monthly changes in a female's body to prepare for the possibility of pregnancy
puberty	Body begins to develop and change as you move from a kid to an adult.
conception	When a sperm joins with an ovum or egg
characteristics	Qualities that make a person or a thing different from others
anxious	A feeling of unease or fear in reaction to change or an event
feelings	Something we feel from inside ourselves

Making a difference at home

What qualities have you inherited from your parents? Think about what makes you special and unique . Write a list of the things you are looking forward to when you are in year 5.