

## YEAR 4 – PSHE

|   |  |
|---|--|
| <b>Subject</b>                          | <b>PSHE</b>  |
| <b>Class/ Division</b>                  | <b>Year 4 A-F</b>  |
| <b>Week</b>                             | <b>6 (26<sup>th</sup> April – 30<sup>th</sup> April) – 28<sup>th</sup> April 2020, Tuesday</b><br>(Students will work on with their task.) – Morning Learning  |
| <b>Work send to students via</b>        | <b>Group Email</b>   |
| <b>Total number of lessons per week</b> | <b>1</b>   |
| <b>Lesson</b>                           | <b>Topic - <u>Coping with Stress</u></b><br><br><b>Learning Objective</b> - Discuss ideas on how to deal with worries and problems.<br><br>In this lesson, we will learn the following important points:<br>1. How to deal with our daily problems<br>2. How can we use our time in a better way |
| <b>Tasks</b>                            | <ul style="list-style-type: none"><li>• Watch this video <a href="https://youtu.be/TK5KOXLT15g">https://youtu.be/TK5KOXLT15g</a></li><li>• Read page 20</li><li>• Complete Q #1 &amp; 2 in your PSHE notebook.</li></ul>   |
| <b>Resources</b>                        | PSHE File  |