

PSHE– Me and My Relationships

Conflict

Prior Knowledge

Previously, the children have learnt about ways we change and grow as we get older. They have learnt about feelings and how we cope with things. They know that we have rules in the classroom, school and forest school and that these keep us safe, well and happy. They have also identified people that are special to them including friends.

What are emotions?







My Component Knowledge:

Lesson 1: I can consider the different types of relationships I have.

Lesson 2: I can recognise what rules are, why they are needed, and why different rules are needed for different situations.

Lesson 3: I can take part in creating and agreeing classroom rules.

Lesson 4: I can recognise that friendship is a special kind of relationship and identify some of the ways that good friends care for each other.

Lesson 5: I can understand what is meant by the terms 'bullying' and 'teasing' showing an understanding of the difference between the two and identify situations as to whether they are incidents of teasing or bullying.

Lesson 6: I can recognise that there are different types of bullying and unkind behaviour and that bullying and unkind behaviour are both unacceptable ways of behaving.

Lesson 7: I can recognise, name and understand how to deal with feelings (e.g. anger, loneliness) and know where I could get help if I were being upset by someone else's behaviour.

My Composite Knowledge:

I know I experience a range of feelings and so do other people. I know there are different types of relationships and why healthy relationships are important. I know why having rules in my life is important.

My Powerful Knowledge:

I know that I am responsible for being the best I can be. I know, in order to do this, I should respect and appreciate people's feelings and the importance of following rules. I know what I have to do to have healthy relationships with others.

Key Vocabulary

Tier 1: feelings, different, same, rules, angry, happy, sad

Tier 2: emotions, differences, similarities, behaviour, nervous, worried, reaction

Tier 3: pledge, facial expressions, valuing, responsibilities, recognise, acknowledge

Why are rules important?



How can I be a good friend?



What is the difference between teasing and bullying?



