

PSHE Year 1 Summer 1 – Relationships



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- identify the members of my family and understand that there are lots of different types of families
- identify what being a good friend means to me
- know appropriate ways of physical contact to greet my friends and know which ways I prefer
- know who can help me in my school community
- recognise my qualities as a person and a friend
- tell you why I appreciate someone who is special to me

Social and emotional skills

I will:

- know how it feels to belong to a family and care about the people who are important to me
- know how to make a new friend
- recognise which forms of physical contact are acceptable and unacceptable to me
- know when I need help and know how to ask for it
- know ways to praise myself
- express how I feel about them

Key vocabulary

appreciate, belong, celebrate, community, confidence, different, dislike, family, feel, feelings, friendship, friends, greeting, help, helpful, incredible, kind, like, praise, proud, qualities, relationships, same, skills, special, texture, touch

Big Question:

Who do you have positive relationships with and what makes these relationships special?

The zones of regulation



By the end of this topic...

I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself.

I can also explain how my qualities help these relationships. I can give examples of behaviour in other people that I appreciate and behaviours that I don't like.

Mindmate Monday lesson

MindMate

Year 1 Summer 1 Being the same being different

Lesson focus: Celebrating differences I know the people in my class are all different

Pupils should have the opportunity to... know that we all have similarities and know that we all have differences. To identify a way my friend is different to me and say it's ok.