



DOWN AMPNEY PRIMARY SCHOOL

Term 1

Unit Overview: UKS2 PSHE

Me and My Relationships

<p><u>Key questions</u></p> <p><u>Feelings</u> What are emotional needs? Do we have the same emotional needs? Do emotional needs stay the same? Why are emotional needs important?</p> <p><u>Friendship skills</u> What qualities make a good friend? Why? How does a good friend show these qualities? Do these qualities make a difference in friendships? How?</p> <p><u>Assertive skills</u> How can someone stand up for themselves? When would someone use their assertiveness skills? Is assertiveness the best way to react to pressure? Why?</p>	<p><u>Substantiative knowledge</u></p> <ul style="list-style-type: none"> ❖ Learn characteristics and skills in assertiveness. ❖ Apply their collaborative skills to friendships and assertiveness. ❖ Learn ways to resolve conflict in an assertive, calm and fair manner. ❖ Identify what things make a relationship unhealthy and who to talk to if they needed help. ❖ Recognise emotional needs according to circumstance and any risk factors that could affect them. <ul style="list-style-type: none"> ❖ I can give a range of examples of our emotional needs and explain why they are important. ❖ I can explain why these qualities are important. ❖ I can give a few examples of how to stand up for myself (be assertive) and say when I might need to use assertiveness skills. 	<p><u>Vocabulary</u> Collaborate, aggressive, resolution, conflict, pressure, emotional needs, passive, assertiveness, negotiation, body language, respect, uncomfortable touching, qualities, unhealthy relationship</p> <p><u>Phonics / polysyllabic words</u> collaborate / collaboration / collaborative assertive / assertiveness / assert</p>
<p><u>Subject skills</u></p> <ul style="list-style-type: none"> ❖ Role-play and drama to explore how our actions can impact others. ❖ Circle time/quality talk led by the children focused on bullying and what people can do to get help. ❖ Have clear and focused discussions around topics and establish what constitutes as a positive relationship. ❖ Listen to other children’s views and opinions in the class and consider how their feelings may be different to your own. 	<p><u>PSHE themes:</u> Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs</p> <p><u>British Values</u></p> <ul style="list-style-type: none"> ❖ <u>Democracy:</u> Children are encouraged to ask and answer questions about their learning, development and school environment. Supporting children to have discussions with their peers in a respectful way. ❖ <u>The rule of law:</u> Identifying right from wrong and recognising the importance of laws, including those that govern the class, the school or the country. Creating rules and expectations to follow during all lesson and in PSHE to make sure everyone experiences a safe learning environment. ❖ <u>Respect and Tolerance:</u> Promoting individual differences and respecting how people can have different feelings in the same 	<p><u>Linked texts:</u> Ruby’s worry The Boy, the Mole, the Fox and the Horse</p> <p><u>Possible misconceptions</u></p> <ul style="list-style-type: none"> ❖ Children might think that being assertive and being aggressive are the same thing. <p><u>Christian Values:</u></p> <p><u>Courage:</u> Children will develop the skill of recognising what is right from wrong and find the courage and conviction to make the best choices. Children will learn about different feelings and be able to reflect courageously on their own emotions.</p>



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	<p>situation. All children listen and respect others' opinions when discussing different topics.</p> <ul style="list-style-type: none"> ❖ Mutual respect: Children learn that their behaviours and actions have an effect on their own rights and those of others. 	<p>Respect: The importance of respecting everyone around us, even when their ideas or beliefs are different to ours, and having respect towards ourselves.</p>
<p>Prior learning <u>Me and my relationships</u> KS1 Feelings Getting help Classroom rules Special people Being a good friend</p> <p>LKS2 Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss</p>	<p>Future learning UKS2 Year B <u>Me and my relationships:</u> Working together Solve the friendship problem Assertiveness skills Don't force me Acting appropriately</p>	<p>Trust: Understanding that all relationships require an element of trust. This means being able to share thoughts, feelings and emotions with those around us in a way where we would not feel judged or criticised.</p>