



Theme Overview: Relationships

Through this unit, the children will identify the different kinds of relationships they have. They will explore the concept of friendship and consider the impact of their words and actions. They will be introduced to the concept bullying and start to gain an understanding of the difference of being unkind and bullying.

Unit Outcomes

By the end of this unit, the children will have a good understanding that family units are different and who their family is. They will have some understanding of how to make and look after our friendships. They will have a better understanding of how to deal with emotions of anger and how to distinguish tell the difference between behaviour that is bullying or not.

Skills Focus

Main Skills Focus:

PSHE at Bland’s Infant School:

In our school, the teaching of Personal, Social and Health Education (PSHE) enables our children to become healthy, independent and responsible members of a society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. We strive to provide our children with learning opportunities in specific lessons, circle time, and group activities that enrich pupils’ experiences. It allows pupils to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive

PSHE Ethos

- This is an opportunity for the children to move away from traditional learning at tables.
- Children will sit in a circle on chairs, facing each other, to take part in dialogue and not only develop their confidence in speaking but also their ability to listen to their peers.
- A calm, safe environment will be promoted throughout starting with belly breathing to focus the children.
- The children will take turns to speak.
- They are all encouraged to speak but they have the right to pass.
- There is an emphasis on respect for all and promoting the use of positive, uplifting and inclusive language.

Sequence of Learning

Lesson 1

LI: To know how to keep myself safe.

At the start of each half term all the children in the school will explore how we keep ourselves safe as well as knowing how to get help when it is needed. The range of topics covered are as follows:
Trusted adults; how to find / ask for help; situations that require asking for help; road safety; understanding the purpose of adults wearing lanyards in school; having an awareness and understanding cyber safety and

Lesson 2

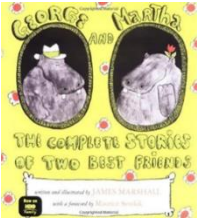
LI: To talk about my family.

This unit will be related to the different kinds of relationships children have. The children will explore the concept of family. They will share who they have in their families and what role each person has within the family unit. They will make the connection that there is not only one family structure but that these can look different for different people.

Lesson 3

LI: To know what a friend is.

The next type of relationship the children will explore is friendship. They will clarify their understanding of what a good friend is. They will annotate a figure with all the qualities they believe makes a good friend. This will be taken a step further and they will think about how they can use these qualities to support someone who is lonely. They will explore the concept of kindness in a sense of it being something we show to everyone, not just those we consider our best friends.

<p>role in contributing to school life and the wider community.</p>	<p>understanding different emotions and how to deal with worries.</p>		
	<p>Lesson 4 LI: To know how to be a good friend and solve problems.</p> <p>The children will build on the last lesson and understand that friends do fall out and don't always agree and get along. They will think of strategies they can use to mend friendships if this happens. They will understand that if they do have a fight with a friend, it doesn't mean they aren't friends anymore. The children will know that this is something that happens in most friendships. They will be encouraged to actively use these strategies to develop their abilities to resolve conflict.</p> 	<p>Lesson 5 LI: To understand the impact of my words.</p> <p>The children will explore the impact of things they say to each other. They will think about the things they say to each other when they are feeling angry or upset and how these contrasts to what they might say when they are happy. They will explore the concept of kindness and that once something has been said it cannot be unsaid. They will think about what strategies they could apply to try and stop themselves saying unkind things.</p>	<p>Lesson 6 LI: To find positive ways to deal with negative emotions.</p> <p>The children will reflect on the different kinds of emotions they can feel – positive and negative. They will be reassured that these emotions are all a natural part of life and that we all feel the positive and the negative at different times. They will reflect on times where they might have felt angry. The children will share ideas of how they can calm themselves down. They will be given the opportunity to practise some of these different methods and be encouraged to actively use them. They will be introduced to the concept of bullying to ensure they understand the difference between bullying and occasional unkind behaviour.</p>