

## PSHE Medium Term Planning – FAMILY AND RELATIONSHIPS – Autumn 1

(Lessons refer to Kapow PSHE & RSE Resource)

### Year One – PSHE & RSE

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>• Exploring how families are different to each other.</li> <li>• Exploring how friendship problems can be overcome. Exploring friendly behaviours.</li> <li>• Recognising how other people show their feelings. Identifying ways we can care for others when they are sad.</li> <li>• Exploring the ability to successfully work with different people.</li> </ul>	<ul style="list-style-type: none"> <li>• To know that families are varied in the UK and across the world.</li> <li>• To understand the different roles related to bullying including victim, bully and bystander.</li> <li>• To understand that everyone has the right to decide what happens to their body.</li> <li>• To understand the courtesy and manners which are expected in different scenarios.</li> <li>• To understand some stereotypes related to disability.</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
<p><b>Family</b></p> <p><b>Friendships</b></p> <p><b>Respectful relationships</b></p>	<p>Lesson 1 - <b>What is a family?</b> Understanding that different people can be in a family and that families can look after us.</p> <p>Lesson 2 – <b>What are friendships?</b> Developing an understanding of the characteristics and importance of good, positive relationships.</p> <p>Lesson 3 – <b>Recognising other people’s emotions.</b> Children learn how other people might show their feelings, that other people may feel differently from them, and how to show others that they care.</p> <p>Lesson 4 – <b>Working with others.</b> Beginning to understand how friendships can make us feel and the skills needed to work with other people.</p> <p>Lesson 5 – <b>Friendship problems.</b> Pupils develop their understanding that friendships can have problems but that these can be overcome.</p>	<p>Family</p> <p>Relation</p> <p>Mum</p> <p>Dad</p> <p>Parent</p> <p>Brother</p> <p>Sister</p> <p>Grandpa</p> <p>Grandma</p> <p>Grandparents</p> <p>Uncle</p> <p>Aunty</p> <p>Cousin</p> <p>Friend</p> <p>Kind</p> <p>Trust</p> <p>Generous</p> <p>Share</p>

	<p>Lesson 6 – <b>Healthy friendships.</b> Understanding what friendly behaviour is and learning that being friendly to others makes us feel welcome and included.</p> <p>Lesson 7 – <b>Gender stereotypes.</b> Beginning to understand what is meant by a stereotype and how unhelpful and unfair it is to stereotype people.</p>	<p>Listen Helpful Feeling Sad Worried Challenge Cooperate Work together Falling out Problem Solution Welcome Included Stereotype</p>
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## Year Two – PSHE & RSE

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>• Understanding ways to show respect for different families.</li> <li>• Understanding that families offer love, care and support.</li> <li>• Understanding difficulties in friendships and discussing action that can be taken.</li> <li>• Learning how other people show their feelings and how to respond to them.</li> <li>• Exploring the conventions of manners in different situation</li> <li>• Exploring how loss and change can affect us.</li> </ul>	<ul style="list-style-type: none"> <li>• To know that families can be made up of different people.</li> <li>• To know that families may be different to my family.</li> <li>• To know some problems which might happen in friendships.</li> <li>• To understand that some problems in friendships might be more serious and need addressing.</li> <li>• To understand some ways people show their feelings.</li> <li>• To understand what good manners are.</li> <li>• To understand some stereotypes related to jobs.</li> <li>• To know that there are ways we can remember people or events.</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
<p><b>Family</b></p> <p><b>Friendships</b></p> <p><b>Respectful relationships</b></p> <p><b>Change and loss</b></p>	<p>Lesson 1 – <b>Families offer stability and love.</b> To begin to understand the role of the family in their lives.</p> <p>Lesson 2 – <b>Families are all different.</b> To begin to understand the range of families they may encounter now and in the future.</p> <p>Lesson 3 - <b>Other people’s feelings.</b> To recognise how others show feelings in different ways and how to respond.</p> <p>Lesson 4 – <b>Unhappy friendships.</b> To begin to understand that some friendships might make us feel unhappy and how to deal with this.</p> <p>Lesson 5 – <b>Introduction to manners and courtesy</b> To begin to understand the conventions of courtesy and manners.</p> <p>Lesson 6 - <b>Change and loss</b> To begin to understand how loss and change can affect us.</p> <p>Lesson 7- <b>Gender stereotypes : Careers and jobs</b> To develop an understanding of stereotypes and how these might affect job/career choices.</p>	<p><b>Family</b></p> <p><b>Relation</b></p> <p>Care</p> <p>Support</p> <p>Love</p> <p>Similar</p> <p>Emotion</p> <p>Good friendships</p> <p>Bad friendships</p> <p>Manners</p> <p>Behaviour</p> <p>Please</p> <p>Thank you</p> <p>Table manners</p> <p>Change</p> <p>Remember</p> <p>Upset</p> <p>Death</p> <p>Male</p>

		Female Stereotypes
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## Year Three– PSHE & RSE

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>• Learning that problems can occur in families and that there is help available if needed.</li> <li>• Exploring ways to resolve friendship problems.</li> <li>• Developing an understanding of the impact of bullying and what to do if bullying occurs.</li> <li>• Identifying who I can trust.</li> <li>• Learning about the effects of non verbal communication.</li> <li>• Exploring the negative impact of stereotyping.</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• To know that I can talk to trusted adults or services such as Childline if I experience family problems.</li> <li>• To know that bullying can be physical or verbal.</li> <li>• To know that bullying is repeated, not a one off event.</li> <li>• To know that violence is never the right way to solve a friendship problem.</li> <li>• To know that trust is being able to rely on someone and it is an important part of relationships.</li> <li>• To know the signs of a good listener.</li> <li>• To understand that there are similarities and differences between people.</li> <li>• To understand some stereotypes related to age.</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
<p><b>Family</b></p> <p><b>Friendships</b></p> <p><b>Respectful relationships</b></p>	<p>Lesson 1 - <b>Healthy families</b> Understanding that all families are different and they love and support each other; if problems do arise, help is available.</p> <p>Lesson 2 – <b>Friendship conflict</b> Learning that friendships may have problems but these can be resolved.</p> <p>Lesson 3 – <b>Friendship: conflict versus bullying</b> Understanding what bullying is. Its impact and what help is available if someone is being bullied.</p> <p>Lesson 4 – <b>Effective communication</b> Understanding the different ways we communicate and the importance of good listening.</p> <p>Lesson 5 – <b>Learning who to trust</b> Identifying who to trust and why, and what to do if you don't trust someone or they break your trust.</p> <p>Lesson 6 – <b>Respecting differences in others.</b> Respect and learning about the differences between people and the importance of respecting these differences.</p>	<p>Calm</p> <p>Forgive</p> <p>Apologise</p> <p>Bullying</p> <p>Repeated</p> <p>Physical</p> <p>Emotional</p> <p>Report</p> <p>Communicate</p> <p>Communication</p> <p>Listen</p> <p>Empathy</p> <p>Sympathy</p> <p>Open questions</p> <p>Reliable</p> <p>Issues</p> <p>Resolve</p> <p>Gender</p>

	<p><b>Lesson 7- Stereotyping: Gender</b> Learning that stereotypes are present in everyday life and children's toys can reinforce gender stereotypes.</p>	<p><b>Stereotype</b> Discrimination Equality act</p>
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## Year Four – PSHE & RSE

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>• Using respectful language to discuss different families.</li> <li>• Exploring physical and emotional boundaries in friendship.</li> <li>• Exploring how my actions and behaviour can affect other people.</li> <li>• Discussing how to help someone who has experienced a bereavement.</li> </ul>	<ul style="list-style-type: none"> <li>• To know that families are varied in the UK and across the world.</li> <li>• To understand the different roles related to bullying including victim, bully and bystander.</li> <li>• To understand that everyone has the right to decide what happens to their body.</li> <li>• To understand the courtesy and manners which are expected in different scenarios.</li> <li>• To understand some stereotypes related to disability.</li> <li>• To know that bereavement describes the feeling someone might have after someone dies or another big change in their lives.</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
<p><b>Family</b></p> <p><b>Friendships</b></p> <p><b>Respectful relationships</b></p> <p><b>Change and loss</b></p>	<p>Lesson 1 – <b>Resect and manners</b> Learning about courtesy, respect and manners in a range of situations.</p> <p>Lesson 2 – <b>Healthy friendships</b> Understanding the physical and emotional boundaries in friendships, including relationships in a digital context.</p> <p>Lesson 3 – <b>How my behaviour affects others</b> Learning that acts of kindness have an impact on others.</p> <p>Lesson 4 – <b>Bullying</b> Learning about the impact of bullying and the responsibility of bystander.</p> <p>Lesson 5 – <b>Stereotypes: Gender</b> Exploring stereotypes in fictional characters and considering how these influence our ideas about gender.</p>	<p>Different situations</p> <p>Authority</p> <p>Position of authority</p> <p>Respect</p> <p>Permission</p> <p>Boundary</p> <p>Expectations</p> <p>Consent</p> <p>Happiness</p> <p>Impact</p> <p>Act of kindness</p> <p><b>Bullying</b></p> <p>Witness</p> <p>Bystander</p> <p>Involved</p> <p><b>Gender</b></p> <p>Reinforce</p> <p>Character</p>

	<p><b>Lesson 6 – Stereotypes: Disability</b> Learning what disability is and that disability is not always visible. Knowing not to discriminate against those with a disability and that we shouldn't make assumptions about what they can and can not do.</p> <p><b>Lesson 7 – Families in the wider world</b> Learning that other families, whether in school or the wider world, may be different from our own family and these differences should be respected.</p> <p><b>Lesson 8- Change and loss</b> Learning what bereavement is and how to help someone who is experiencing loss.</p>	<p>Negative Disability <b>Discrimination</b> Similarity Difference Respect Culture Unhelpful <b>Death</b> Loss Bereavement <b>Sympathy</b></p>
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## Year Five – PSHE & RSE

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>● Identifying ways families might make children feel unhappy or unsafe.</li> <li>● Exploring the impact that bullying might have.</li> <li>● Exploring issues which might be encountered in friendships and how these might impact the friendship.</li> <li>● Exploring and questioning the assumptions we make about people based on how they look.</li> <li>● Exploring our positive attributes and being proud of these (self-respect).</li> </ul>	<ul style="list-style-type: none"> <li>● To know that marriage is a legal commitment and is a choice people can make.</li> <li>● To know that if I have a problem, I can call ChildLine on 0800 1111.</li> <li>● To know what attributes and skills make a good friend.</li> <li>● To understand what might lead to someone bullying others.</li> <li>● To know what action a bystander can take when they see bullying.</li> <li>● To understand that positive attributes are the good qualities that someone has. To know that stereotypes can be unfair, negative and destructive.</li> <li>● To know that discrimination is the unfair treatment of different groups of people, especially on the grounds of race, age, sex, or disability.</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
<p><b>Family</b></p> <p><b>Friendships</b></p> <p><b>Respectful relationships</b></p>	<p>Lesson 1 – <b>Build a friend</b> Learning what makes a good friend and why friends are important.</p> <p>Lesson 2 – <b>Friendship skills</b> Exploring friendships and possible solutions to problems; learning that friendship can be stronger after an issue has happened.</p> <p>Lesson 3 – <b>Marriage</b> Learning about different types of marriage and the history of marriage in England.</p> <p>Lesson 4 – <b>Respecting myself</b> Learning the importance of self respect and how this affects happiness and decision making.</p> <p>Lesson 5 – <b>Family life</b> Learning that sometimes family relationships may make children feel unhappy and what children can do if this happens.</p>	<p>Friend</p> <p>Friendship</p> <p>Solution</p> <p>Problem</p> <p>Wedding</p> <p>Marriage</p> <p>Legal</p> <p>Lifelong</p> <p>Religion</p> <p>Attributes</p> <p>Proud</p> <p>Self-respect</p> <p>Family</p> <p>Positive</p> <p>Support</p> <p>Bullying</p> <p>Bystander</p> <p>Cyberbullying</p>

	<p><b>Lesson 6 - Bullying</b> Learning about bullying and what might lead someone to be a bully.</p> <p><b>Lesson 7 – Stereotyping :Gender</b> Discovering what gender stereotyping is, knowing that stereotypes have developed overtime and that throughout history there have been different attitudes to males and females. Learning why it is bad to stereotype people based on gender and being aware that there are still things that need to change in relation to the way genders are treated.</p> <p><b>Lesson 8 – Stereotypes: Race and religion</b> Discussing the saying, ‘you cant judge a book by its cover’ and what this means in terms of stereotyping others based on their race or religion. Learning that stereotyping people causes issues and often leads to discrimination, which can be harmful and destructive. Challenging negative views surrounding race and religion.</p>	<p>Victim Unkind <b>Gender</b> <b>Stereotype</b> Equality Change Race Religion Discrimination Racism</p>
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## Year Six – PSHE & RSE

Essential Skills developed in this unit	Essential Knowledge developed in this unit
<ul style="list-style-type: none"> <li>Identifying ways to resolve conflict through negotiation and compromise.</li> <li>Discussing how and why respect is an important part of relationships. Identifying ways to challenge stereotypes.</li> <li>Exploring the process of grief and understanding that it is different for different people.</li> </ul>	<ul style="list-style-type: none"> <li>To know that a conflict is a disagreement or argument and can occur in friendships.</li> <li>To understand the concepts of negotiation and compromise.</li> <li>To understand what respect is.</li> <li>To understand that everyone deserves respect but respect can be lost.</li> <li>To understand that stereotypes can lead to bullying and discrimination.</li> <li>To understand that loss and change can cause a range of emotions.</li> <li>To know that grief is the process people go through when someone close to them dies.</li> </ul>

CONCEPTS	CONTENT & CONTEXT	VOCABULARY
<p><b>Friendships</b></p> <p><b>Respectful relationships</b></p> <p><b>Change and loss</b></p>	<p>Lesson 1 – <b>Respect</b> Understanding respect and courtesy and how respect can be won and lost.</p> <p>Lesson 2 – <b>Respectful relationships</b> Children learn that respect is two-way; how we treat others is how we can expect to be treated.</p> <p>Lesson 3 – <b>Stereotype : Attitudes</b> Children explore the attitudes and ideas of others and learn how to challenge these beliefs if they are unfair, negative or destructive.</p> <p>Lesson 4 – <b>Challenging stereotypes</b> Children learn about a range of stereotypes and share this information effectively with their peers.</p> <p>Lesson 5 – <b>Resolving conflict</b> Learning how to resolve conflict through negotiation and compromise.</p> <p>Lesson 6- <b>Change and loss</b> Learning about the process and emotions relating to grief</p>	<p><b>Respect</b></p> <p>Earn</p> <p>Lose</p> <p>Courtesy</p> <p>Demonstrate</p> <p>Peers</p> <p>Online</p> <p>Disrespect</p> <p><b>Stereotype</b></p> <p><b>Gender</b></p> <p>Challenge</p> <p>Change</p> <p>Message</p> <p>Conflict</p> <p>Argument</p> <p>Disagreement</p> <p>Solve</p> <p>Resolve</p>

		Apology Grief Grieving Death Emotions
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