**PSHE Autumn Term 1 Overview**

This half term every class in school will be learning about Me and My Relationships. This will be completed in an age appropriate way during a PSHE lesson. This is an overview to let you know the focus of each session. Please feel free to talk to your child’s class teacher if you would like any further information.

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| **Year group** | **Lesson content** |
| **Nursery** | Recognise that we are unique.Describe different feelings and use this to manage relationships.Understand that every family is different and love and care for one another. |
| **Reception** | Talk about similarities and differences.Name special people in their lives.Describe different feelings.Identify who can help if they are sad, worried or scared.Identify ways to help others or themselves if they are sad or worried. |
| **Year 1** | Describe different feelings and how they can make our bodies feel.To know some strategies of dealing with 'not so good' feelings.To understand how our actions can hurt the feelings of others.To recognise the special qualities in family and friends.To know which special people keep us safe and how. |
| **Year 2** | Recognise that people have different ways of expressing their feelings.To identify different ways to respond to the feelings of others.To recognise the differences between bullying, unkind behaviour or teasing.To learn strategies to deal with unkind behaviour, conflict and where to get help if they are upset.To recognise a healthy friendship and its qualities. |
| **Year 3** | To know that feelings and emotions help a person cope with difficult times.To recognise the skills required to collaborate in a team, knowing when to contribute and when to step back.To recognise which strategies are appropriate for particular situations.To listen to and debate ideas and opinions with others with respect and courtesy.To recognise why friends may fall out and how to resolve issues. |
| **Year 4** | To know that feelings can vary by intensity, person and change over time.To know and understand the qualities of a 'positive, healthy relationship'.To know when it's appropriate to say no and how.To know the strategies and skills needed for collaborative work.To recognise bullying or pressured behaviour. |
| **Year 5** | To learn characteristics and skills in assertiveness and apply these new skills.To learn ways to resolve conflict in an assertive, calm and fair manner.To identify what things make a relationship unhealthy and who to talk to if they needed help.To recognise emotional needs according to circumstance and any risk factors that could affect them. |
| **Year 6** | To recognise some of the challenges that arise from friendships and suggest strategies for dealing with such challenges.To practice and use strategies in compromise and negotiation within a collaborative task or activity.To consider the types of touch that are safe, legal and that I am comfortable with.To name assertive behaviours and recognise peer influence or pressured behaviour.To be aware of the variety in behaviour which is dependent on group dynamic, peer pressure, emotional needs and circumstance. |