

P.S.H.E

Autumn 1 Year 1

Personal, Social, Health and Economic (PSHE) helps pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children to stay healthy and safe, understanding their relationships, academic, personal and social lives in a positive way.

<u>Self and Relationships</u>	<u>Respecting Others</u>	<u>Healthy lifestyles</u>	<u>Keeping Safe</u>	<u>The World Around Us</u>
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Self and Relationships

Family and Friends

- R1. About the roles different people (e.g. acquaintances, friends and relatives) play in our lives.
- R2. To identify the people who love and care for them and what they do to help them feel cared for.
- R3. About different types of families including those that may be different to their own.
- R4. To identify common features of family life.
- R5. That it is important to tell someone (such as their teacher) if something about their family makes them unhappy or worried.
- R6. About how people make friends and what makes a good friendship.
- R7. About how to recognise when they or someone else feels lonely and what to do.
- R8. Simple strategies to resolve arguments between friends positively.
- R9. How to ask for help if a friendship is making them feel unhappy.

British Value:

Democracy

Key Vocabulary

rules	friendship	care
love	family	kindness

My family and friends: