

Relationships

Year R

Lesson	Learning Intentions
My Family and Me!	I can identify some of the jobs I do in my family and how I feel like I belong.
Make friends, make friends, never ever break friends 1	I know how to make friends to stop myself from feeling lonely.
Make friends, make friends, never ever break friends 2	I can think of ways to solve problems and stay friends.
Falling out and Bullying 1	I am starting to understand the impact of unkind words.
Falling out and Bullying 2	I can use Calm Me time to manage my feelings.
Being the Best of Friends we can be	I know how to be a good friend.

Year 1

Lesson	PSHE learning intentions	Social and emotional development learning intentions
Families	I can identify the members of my family and understand that there are lots of different types of families.	I know how it feels to belong to a family and care about the people who are important to me.
Making Friends	I can identify what being a good friend means to me.	I know how to make a new friend.
Greetings	I know appropriate ways of physical contact to greet my friends and know which ways I prefer.	I can recognise which forms of physical contact are acceptable and unacceptable to me.
People Who Help Us	I know who can help me in my school community.	I know when I need help and know how to ask for it.
Being my own Best Friend	I can recognise my qualities as person and a friend.	I know ways to praise myself.
Celebrating My Special Relationships	I can tell you why I appreciate someone who is special to me.	I can express how I feel about them.

Year 2

Lesson	PSHE learning intentions	Social and emotional development learning intentions
Families	I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate.	I accept that everyone's family is different and understand that most people value their family.
Keeping Safe – exploring physical contact	I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not.	I know which types of physical contact I like and don't like and can talk about this.
Friends and Conflict	I can identify some of the things that cause conflict with my friends.	I can demonstrate how to use the positive problem-solving technique to resolve conflicts with my friends.
Secrets	I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.	I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this.
Trust and Appreciation	I recognise and appreciate people who can help me in my family, my school and my community.	I understand how it feels to trust someone.
Celebrating My Special Relationships	I can express my appreciation for the people in my special relationships.	I am comfortable accepting appreciation from others.

Year 3

Lesson	PSHE learning intentions	Social and emotional development learning intentions
Family Roles and Responsibilities	I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females.	I can describe how taking some responsibility in my family makes me feel.
Friendship	I can identify and put into practice some of the skills of friendship, e.g. taking turns, being a good listener.	I know how to negotiate in conflict situations to try to find a win-win solution.
Keeping Myself Safe Online	I know and can use some strategies for keeping myself safe online.	I know who to ask for help if I am worried or concerned about anything online.
Being a Global Citizen 1	I can explain how some of the actions and work of people around the world help and influence my life.	I can show an awareness of how this could affect my choices.
Being a Global Citizen 2	I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.	I can empathise with children whose lives are different to mine and appreciate what I may learn from them
Celebrating my Web of Relationships	I know how to express my appreciation to my friends and family.	I enjoy being part of a family and friendship groups.

Year 4

Lesson	PSHE learning intentions	Social and emotional development learning intentions
Jealousy	I can recognise situations which can cause jealousy in relationships.	I can identify feelings associated with jealousy and suggest strategies to problem-solve when this happens.
Love and Loss	I can identify someone I love and can express why they are special to me.	I know how most people feel when they lose someone or something they love.
Memories	I can tell you about someone I know that I no longer see.	I understand that we can remember people even if we no longer see them.
Getting on and Falling Out	I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends.	I know how to stand up for myself and how to negotiate and compromise.
Girlfriends and Boyfriends	I understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older.	I understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/girlfriend.
Celebrating My Relationships with People and Animals	I know how to show love and appreciation to the people and animals who are special to me.	I can love and be loved.

Year 5

Lesson	PSHE learning intentions	Social and emotional development learning intentions
Recognising Me	I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.	I know how to keep building my own self-esteem.
Safety with Online Communities	I can understand that belonging to an online community can have positive and negative consequences.	I know how to keep building my own self-esteem.
Being in an Online Community	I understand that there are rights and responsibilities in an online community or social network.	I can recognise when and online community feels unsafe or uncomfortable
Online Gaming	I know there are rights and responsibilities when playing a game online.	I can recognise when an online game is becoming unhelpful or unsafe.
My Relationship with Technology: Screen Time	I know when I am spending too much time using devices (screen time).	I can identify things I can do to reduce screen time, so my health isn't affected.
Relationships and Technology	I understand how to stay safe when using technology to communicate with my friends.	I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to others.

Year 6

Lesson	PSHE learning intentions	Social and emotional development learning intentions
What is Mental Health?	I know that it is important to take care of my mental health.	I understand how it feels to have people in my life that are special to me.
My Mental Health	I know how to take care of my mental health.	I can help myself and others when worried about a mental health problem.
Love and Loss	I understand that there are different stages of grief and that there are different types of loss that cause people to grieve.	I can recognise when I am feeling those emotions and have strategies to manage them.
Power and Control	I can recognise when people are trying to gain power or control.	I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control.
Being Online: Real or Fake? Safe or Unsafe?	I can judge whether something online is safe and helpful for me.	I can resist pressure to do something online that might hurt myself or others.
Using Technology Responsibly	I can use technology positively and safely to communicate with my friends and family.	I can take responsibility for my own safety and well-being.