



Subject PSHE

Theme Me and My Relationships

Term Autumn 1

### What should I already know?

- I know why we have rules.
- I know the possible consequences of breaking rules.
- I understand how working together in a collaborative manner can help everyone achieve success.
- I know that people can bring different skills to tasks.
- I know simple strategies for resolving given conflict situations.
- I know strategies for maintaining a positive relationship with people.

### What should I know by the end of the unit?

- I know some strategies for working on a collaborative task.
- I know successful qualities of teamwork and collaboration.
- I know what is meant by a 'positive, healthy relationship'.
- I know that there are times when I might need to say 'no' to a friend.
- I know about 'good' and 'not so good' feelings, and how feelings can affect our physical state.
- I know how different words can express the intensity of feelings.
- I know that different people can have different feelings in the same situation.
- I know how my feelings and my physical state can be linked.
- I know what I can do and say in response to someone being bullied.
- I know where pressure to behave in an unhealthy, unacceptable or risky way might come from.

### What should I be able to do by the end of the unit?

- I can work as part of a team.
- I can describe the qualities I admire in others.
- I can name appropriate, assertive strategies for saying 'no' to a friend.
- I can identify a range of feelings.

### Key Vocabulary

<b>collaboration</b>	The act of working together to achieve a goal.
<b>teamwork</b>	The combined action of a group.
<b>relationship</b>	The way in which two people are connected.
<b>feeling</b>	An emotional state or reaction.
<b>bullying</b>	A repeated action seeking to harm, intimidate or coerce.
<b>pressure</b>	The use of intimidation or persuasion to make someone do something.