

Relationships.

KS1 Cycle A term 3- PHSE: Communicating, feelings, emotions and empathy.

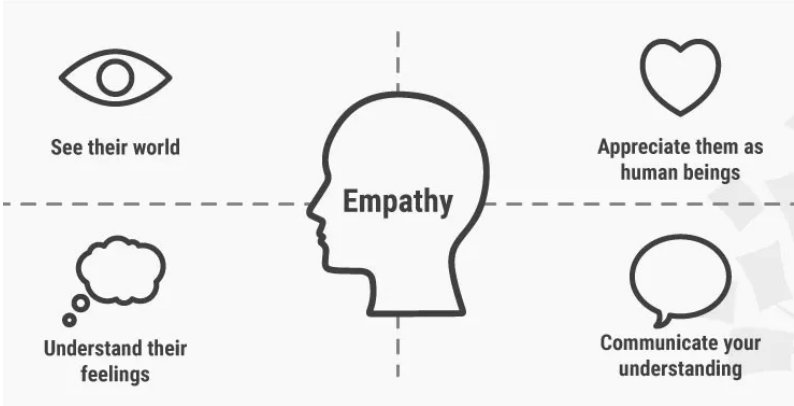
PHSE Golden Concepts

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|---------|--------|---------------|--------|---------------|
| Respect | Safety | Communication | Health | Relationships |
|---------|--------|---------------|--------|---------------|

What I will know by the end of the unit:
Different emotions and how I show these towards others.

| Key Vocabulary | |
|----------------|--|
| Emotions | A strong feeling |
| Body Language | Movements that show how someone is feeling |
| Empathy | Ability to sense or imagine how someone is feeling |
| Communicate | Share or exchange information |

- Emotion Recognition:** Explore and discuss different emotions and how they might look on people's faces. Use pictures, videos, or facial expression activities to recognize emotions.
- Body and Emotions:** Know how emotions are connected to the body (e.g., heart rate, facial expressions). I will begin to understand how someone else is feeling by their body language.
- Empathy:** Know how to communicate feelings to others and get support and help when I need it. I can understand those feelings of others and why they may be feeling that way. I will be able to respect their feelings.



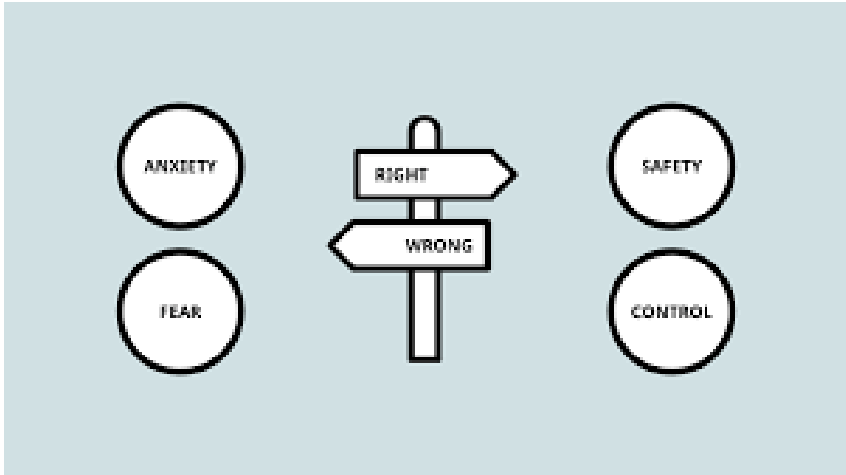
Relationships.
KS1 Cycle A term 3- PHSE: Understanding behaviours- Right from wrong, fair and unfair

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|----------------------|--------|---------------|--------|---------------|
| PHSE Golden Concepts | | | | |
| Respect | Safety | Communication | Health | Relationships |

What I will know by the end of the unit:
What is right or wrong and the consequences for these actions.

| Key Vocabulary | |
|----------------|--|
| Proud | To be pleased with an achievement |
| Responsibility | Doing something that is required |
| Reward | Something that is given for doing well |
| Consequence | A result of something that has been done |
| Fair | Treating everyone as equal |
| Unfair | No treating people as equals |
| Right | Being correct about something or doing something that is correct |
| Wrong | Doing something that is not correct |

- I can explore the word 'consequence' means and how it is influenced by different situations, like choosing to follow or break rules.
- I know that a consequence can be either a good or a bad thing. I can think of suitable and fair consequences for when somebody make a wrong choice.
- I can identify things that make people proud, disappointed or upset and explain why they have these feelings.
- I will know what is right and what is wrong. I can follow the school rules and show how to do things the right way. I know this will then make me proud of my achievements and how hard I am working.
- I understand how fair can mean giving us what we need but not always what we want. This can be different for each person. Being unfair is



Relationships.

KS1 Cycle A term 3- PHSE: Respectful relationships, caring friendships, families

PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

Key Vocabulary

| | |
|--------------|--|
| Conflict | Serious disagreement or argument |
| Respect | Allowing others to have their feelings, wishes and rights. |
| Trust | Knowing people are telling the truth. |
| Co-operation | Working together to achieve something. |
| Friendship | How we act with other people. |
| Family | A group of parents/relations and children living together |

What I will know by the end of the unit:

Understand respect and how to have a caring relationship/friendship.

Know that everyone's family is different. Some families have lots of children but some do not have any. What they believe about religion may be different too. Where they live and what they do in their home may be similar or different and we need to respect their choices.

Know that families function well when there is trust, respect, care, love and co-operation. Looking after each other is important.

Know some reasons why friends have conflicts

Know that friendships have ups and downs and sometimes change with time

Know how to use problem-solving methods



Health and Wellbeing.

KS1 Cycle A term 3- PHSE: Online relationships/Internet safety and harm

PHSE Golden Concepts

| | | | | |
|---------|--------|---------------|--------|---------------|
| Respect | Safety | Communication | Health | Relationships |
|---------|--------|---------------|--------|---------------|

What I will know by the end of the unit:
How to have safe relationships online.

| Key Vocabulary | |
|----------------|--|
| Risks | Exposure to danger |
| Friendships | Relationship between friends |
| Boundaries | The limit you can go to. |
| harmful | Something that physically or emotionally upsets someone. |
| anonymous | Keeping our identity, a secret. |

- That people sometimes behave differently online, including by pretending to be someone they are not.
- How to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met.
- What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).
- How information and data is shared and used online.
- The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.
- That the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous.

Our eSafety Top Tips!

1 People you don't know are strangers. They're not always who they say they are.

2 Be nice to people like you would on the playground.

3 Keep your personal information private.

4 If you ever get that 'uh oh' feeling, tell a grown-up you trust.

