

Newquay Junior Academy – Summer 1 Sequence – PSHE Relationships



YEAR 3

Prior knowledge... Know that everyone's family is different • Know that families function well when there is trust, respect, care, love and co-operation • Know that there are lots of forms of physical contact within a family

YEAR 4

Prior knowledge... Know that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc. ; Know some strategies for keeping themselves safe online

YEAR 5

Prior knowledge... Know that change is a natural part of relationships/ friendship • Know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe

YEAR 6

Prior knowledge... Know that there are rights and responsibilities in an online community or social network • Know that there are rights and responsibilities when playing a game online

INTENT

Pupils will...revisit family relationships and identify the different expectations and roles that exist within the family home; learn that they are part of a global community and they are connected to others they don't know in many ways e.g. through global trade

Pupils will...identify the emotions associated with these relationship changes, the possible reasons for the change and strategies for coping with the change; learn that change is a natural in relationships and they will experience (or may have already experienced) some of these changes

Pupils will...learn about the importance of self-esteem and ways this can be boosted; investigate and reflect upon a variety of positive and negative online/ social media contexts including gaming and social networking.

Pupils will ...look at mental health and how to take care of their own mental well-being; talk about people who can try to control them or have power over them; look at online safety, learning how to judge if something is safe and helpful as well as talking about communicating with friends and family in a positive and safe way.

VOCABULARY / STICKY KNOWLEDGE

Unisex, Male, Female, Stereotype, Career, Job, Role, Responsibilities, Respect, Differences, Similarities, Conflict, Win-win, Solution, Solve-it-together, Problem-solve, Internet, Social media

- Know that different family members carry out different roles or have different responsibilities within the family
- Know some of the skills of friendship, e.g. taking turns, being a good listener
- Know some strategies for keeping themselves safe online
- Know that they and all children have rights (UNCRC)

Jealousy, Problem-solve, Emotions, Positive, Negative, Loss, Shock, Disbelief, Numb, Denial, Anger, Guilt, Sadness, Pain, Despair, Hope, Souvenir, Memento, Memorial, Acceptance, Relief, Remember, Negotiate, Compromise, Trust,

- Know that loss is a normal part of relationships
- Know that negative feelings are a normal part of loss
- Know that sometimes it is better for a friendship/relationship to end if it is causing negative feelings or is unsafe

Personal attributes, Qualities, Characteristics, Self-esteem, Unique, Comparison, Negative self-talk, Social media, Online, Community, Grooming, Troll, Gambling, Betting, Trustworthy, Appropriate, Screen time, Physical health, Mental health, Off-line, Social, Peer pressure, Influences, Personal information, Passwords, Privacy, Settings, Profile, SMARTT rules.

- Know that there are rights and responsibilities in an online community or social network
- Know how to stay safe when using technology to communicate with friends

Mental health, Ashamed, Stigma, Stress, Anxiety, Support, Worried, Signs, Warning, Self-harm, Emotions, Feelings, Sadness, Loss, Grief, Denial, Despair, Guilt, Shock, Hopelessness, Anger, Acceptance, Bereavement, Coping strategies, Power,

- Know that it is important to take care of their own mental health
- Know ways that they can take care of their own mental health
- Know the stages of grief and that there are different types of loss that cause people to grieve

SEQUENCE OF LESSONS

- 1.To discuss family roles and responsibilities
- 2.To consider the importance of friendship
- 3.To identify ways to keep myself safe online
4. To show respect in how they treat others
5. To know how to help themselves and others when they feel upset or hurt

- 1.To understand the emotion of jealousy
- 2.To consider the impact of love and loss
- 3.To consider the importance of memories
- 4.To develop strategies to help us when we fall out with friends
5. To discuss the concept of boyfriends and girlfriends

- 1.To begin how to recognize my own worth
- 2.Discuss safety with online communities
- 3.Understand what it means to be part of an online community
- 4.To discuss the role of online gaming in their life.
- 5.To consider our relationship with technology: screen time

- 1.To discuss: What is Mental Health?
- 2.To consider my own mental health
- 3.To develop strategies for dealing with love and loss
- 4.To develop power and control within a group.
- 5.To consider being online: Real or Fake? Safe or Unsafe?

OUTCOME / COMPOSITE

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Know that gender stereotypes can be unfair e.g. Mum is always the carer, Dad always goes to work etc
Know some strategies for keeping

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Know that sometimes it is better for a friendship/ relationship to end if it is causing negative feelings or is unsafe

Pupils will...
Know that there are rights and responsibilities in an online community or social network
Know that there are rights and

Pupils will...
Know that it is important to take care of their own mental health
Know ways that they can take care of their own mental health

themselves safe online

responsibilities when playing a game online