

PSHE Strand/ Year Group

Year 1 – Relationships

Overview

Children’s breadth of relationships is widened to include people they may find in their school community. They consider their own significant relationships (family, friends and school community) and why these are special and important. As part of the learning on healthy and safe relationships, children learn that touch can be used in kind and unkind ways. This supports later work on safeguarding. Pupils also consider their own personal attributes as a friend, family member and as part of a community, and are encouraged to celebrate these.

Key Vocabulary

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| Family | Belong |
| Friends | Friendship |
| Qualities | Caring |
| Sharing | Kind |
| Touch | Feelings |
| Community | Relationships |
| Special | Appreciate |
| Greeting | Helpful |
| Praise | Likes |
| Dislikes | Confidence |

Knowledge

- Know that everyone’s family is different
- Know that there are lots of different types of families
- Know that families are founded on belonging, love and care
- Know how to make a friend
- Know the characteristics of healthy and safe friends
- Know that physical contact can be used as a greeting
- Know about the different people in the school community and how they help
- Know who to ask for help in the school community

Social and Emotional Skills

- Can express how it feels to be part of a family and to care for family members
- Can say what being a good friend means
- Can show skills of friendship
- Can identify forms of physical contact they prefer
- Can say no when they receive a touch they don’t like
- Can praise themselves and others
- Can recognise some of their personal qualities
- Can say why they appreciate a special relationship