

KS1: Me and My Relationships



Cycle A

Key Questions

Bullying and Teasing

What is bullying?
 What is teasing?
 Does bullying happen a lot?
 How can you help someone who is being bullied?

School Rules About Bullying

What helps our classroom to be happy and friendly?
 Do classroom rules help to stop bullying? How?

Feelings and Self-Regulation

Do we have the same feelings?
 Why do we have different feelings?
 How do we show our feelings?
 What are safe and healthy activities to get angry energy out?
 How can we help our feelings come out?

Being a Good Friend

Who is a good friend and why? What makes a good friend?
 How are you a good friend?
 Could you be a better friend?
 How can you help others to be a good friend?

Assessment: Unit Outcomes

- ✓ I can tell you some ways that I can get help, if I am being bullied and what I can do if someone teases me.
- ✓ I can suggest rules that will help to keep us happy and friendly and what will help me keep to these rules. I can also tell you about some classroom rules we have made together.
- ✓ I can give you lots of ideas about being what makes a good friend and also tell you how I try to be a good friend.
- ✓ Most of the time I can express my feelings in a safe, controlled way.

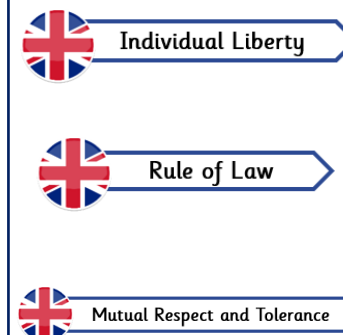
Key Vocabulary

friends	A person you have a mutual bond with.
feelings	An emotion or reaction to something such as happiness or sadness.
teasing	To make fun of or upset somebody.
bullying	Hurting or upsetting somebody on purpose.
rules	A set of instructions to follow to behave well.
safe	To be free from harm or risk.

Christian Value Link



British Value Link



Spirituality Link



KS1: Valuing Difference

Cycle A

Key Questions

Being Kind and Helping Others

- What can you do if you feel left out?
- How can you help someone who is being left out?
- Why do people leave others out?

Listening Skills

- What makes someone a good listener?
- How can you be a good listener?
- How does being a good listener help you?
- How does being a good listener help other people?
- What is a different point of view?
- Can listening skills help with arguments?
- How can good listening skills help with arguments?
- Why is it important to listen to another person's point of view?

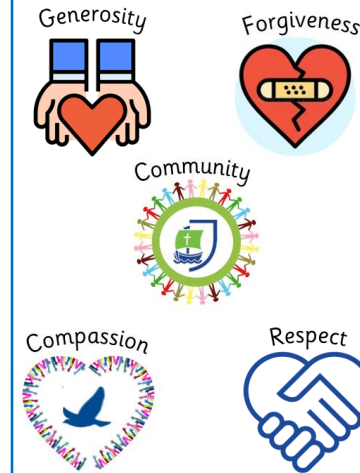
Assessment: Unit Outcomes

- ✓ I can say how I could help myself if I was being left out.
- ✓ I can give a few examples of good listening skills and I can explain why listening skills help to understand a different point of view.

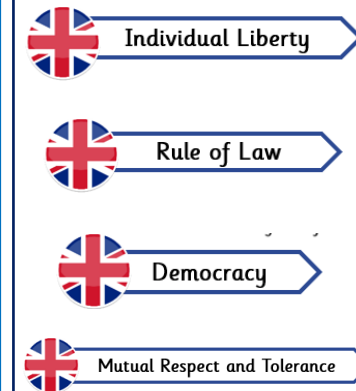
Key Vocabulary

respect	Treating somebody well and accepting them for who they are.
feelings	An emotion or reaction to something such as happiness or sadness.
unique	Being one of a kind or being special in your own way.
helpful	Doing something for somebody that is kind and supportive.
different	Something is not the same in some way to another.
listen	To hear somebody and pay attention.

Christian Value Link



British Value Link



Spirituality Link



KS1: Keeping Safe

Cycle A

Key Questions

Safe and Unsafe Secrets

Are secrets safe?
Do all secrets need to be kept secret?
Who is a safe person to talk to?

Appropriate Touch

Are all touches ok?
If something feels wrong, what can someone do to stay safe?
How can you help someone who has been asked to keep an unsafe secret?
Who is a safe person to talk to?

Medicine Safety

Are medicines always helpful?
What can people do to help themselves get better?
Why can a medicine be harmful?
How can someone stay safe with medicines?

Assessment: Unit Outcomes

- ✓ I can give some examples of safe and unsafe secrets and I can think of safe people who can help if something feels wrong..
- ✓ I can give other examples of touches that are ok or not ok (even if they haven't happened to me) and I can identify a safe person to tell if I felt 'not OK' about something.
- ✓ I can explain that they can be helpful or harmful, and say some examples of how they can be used safely.

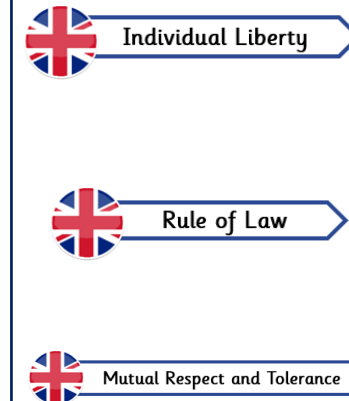
Key Vocabulary

safe	To be free from pain or harm.
unsafe	Not safe and likely to cause harm or pain.
trust	Having somebody you believe.
secret	Something you know and mustn't tell anybody.
private	Something you do not want to share (for your eyes only).
medicine	Something that helps to treat an illness or disease.

Christian Value Link



British Value Link



Spirituality Link



KS1: Rights and Respect

Cycle A

Key Questions

Cooperation and Self-Regulation

What can help you to feel calm and settled at home?

How does it help?

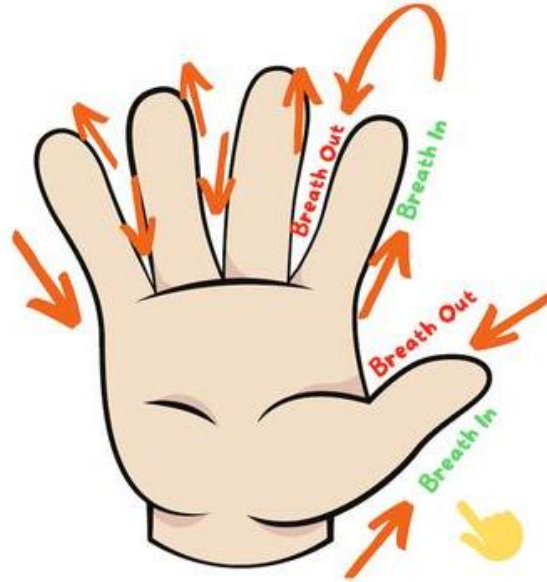
What can help you to feel calm and settled in the classroom?

How does it help?

Can you help other people to feel calm and settled in class? How?

Why is it important to feel calm and settled?

Five Finger Breathing



Assessment: Unit Outcomes

- ✓ I can give examples of when I've used some of these ideas to help me when I am not settled.

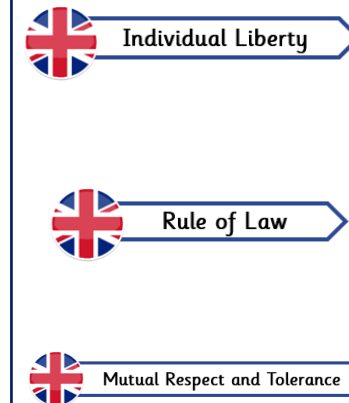
Key Vocabulary

share	To let somebody have or be a part of something you own.
listen	To hear and understand something or somebody.
control	To have power of or be in charge of something.
calm	To feel peaceful, quiet or without worry.
unsettled	To feel disturbed or worried about something (not calm).
feelings	An emotion / reaction to something such as happiness or sadness

Christian Value Link



British Value Link



Spirituality Link



KS1: Being My Best

Cycle A

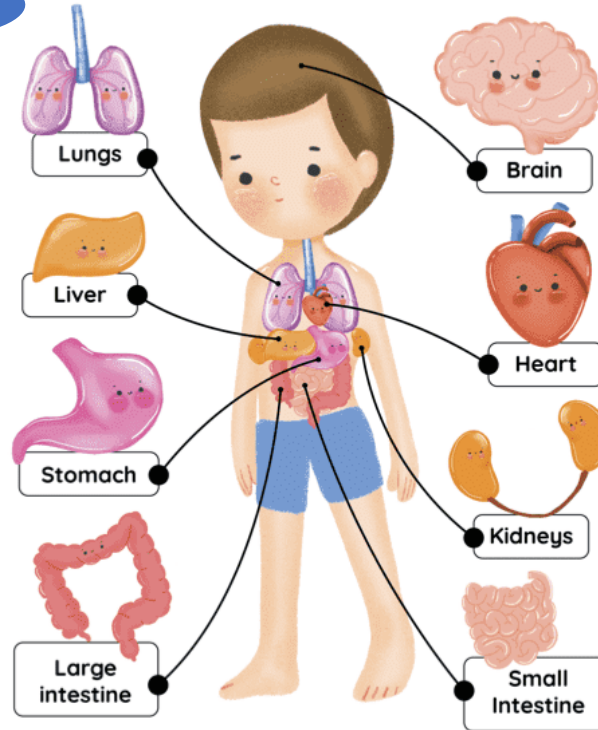
Key Questions

Looking After My Body

- How do we get energy?
- What parts of the body turn food into energy?
- What do we need to do to stay healthy?
- Why do we need to keep doing certain things to stay healthy?

Growth Mindset

- What can you do if you find something difficult?
- Which goals have you set to help yourself?
- Does setting a goal help with your learning? How?



Assessment: Unit Outcomes

- ✓ I can name different parts of my body that are inside me and help to turn food into energy. I know what I need to get energy.
- ✓ I can explain how setting a goal or goals will help me to achieve what I want to be able to do.

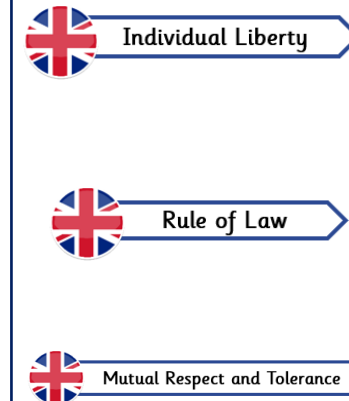
Key Vocabulary

hygiene	Keeping clean and healthy.
germs	Tiny bacteria that can cause illness.
healthy	Making choices to help your body and mind.
achieve	To try your best to reach a goal.
vaccination	An injection (needle) to help protect you from disease or illness.
oxygen	The air we breathe.

Christian Value Link



British Value Link



Spirituality Link



KS1: Growing and Changing



Cycle A

Key Questions

Life Cycles

- What helps us to grow?
- Who helps us to grow?
- What can you do by yourself now?
- What are you looking forward to when you're:
 - 10 years old?
 - 21 years old?

Dealing With Loss

- How does it feel to lose something?
- How does it feel to say goodbye to someone or something for a long time?
- Can we stay in touch with someone? How?

Being Supportive

- What positive things can we say to someone about something they have done?
- Why is it good to help someone?
- What is a good way to help someone if they are finding something difficult?

Assessment: Unit Outcomes

- ✓ I can tell you who helps us grow (people who look after us) and what things I can now do myself that I couldn't when I was younger.
- ✓ I can give examples of how it feels when you have to say goodbye to someone or something (e.g. move house).
- ✓ I can give examples of how to give feedback to someone.

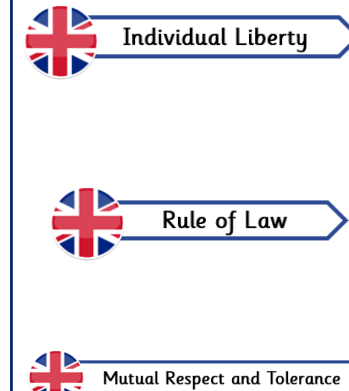
Key Vocabulary

loss	When you do not have something or someone anymore.
change	When something happens that is different or new.
supportive	Being helpful to somebody and making them feel better.
help	To do something to make something easier for somebody.
penis	The male reproductive organ.
vulva	The female reproductive organ.

Christian Value Link



British Value Link



Spirituality Link

