



## PSHE/RSE CLASS 1 – Spring 1 – Me and My Relationships - Cycle B

### Roles of different people, families, feeling cared for

<b>Substantive Knowledge – Rec</b> <ul style="list-style-type: none"> <li>Talk about similarities and differences.</li> <li>Name special people in their lives.</li> <li>Describe different feelings.</li> </ul> <b>Y1</b> <ul style="list-style-type: none"> <li>Know a range of feelings</li> <li>Know that they belong to various groups and communities such as their family</li> <li>Know the qualities of a good friend</li> </ul>	<b>Markers for Assessment for Substantive Knowledge Rec</b> <ul style="list-style-type: none"> <li>Talk about similarities and differences.</li> <li>Name special people in their lives.</li> <li>Describe different feelings.</li> </ul> <b>Y1</b> <ul style="list-style-type: none"> <li>Identify who can help if they are sad, worried or scared.</li> <li>Identify ways to help others or themselves if they are sad or worried.</li> </ul>	Below	Above
<b>Disciplinary Knowledge Rec</b> <ul style="list-style-type: none"> <li>To talk about the special people in their lives</li> <li>Explore how we feel at different times and in different situations</li> <li>Choose ways to help themselves if they feel sad</li> </ul> <b>Y1</b> <ul style="list-style-type: none"> <li>To explain how people help us and how we can also help them to help us</li> <li>To identify how different feelings might make us behave</li> <li>Suggest simple strategies for making up after a falling out</li> </ul>	<b>Markers for Assessment for Disciplinary Knowledge Rec</b> <ul style="list-style-type: none"> <li>Talk about their families.</li> <li>Talk about how they are the same or different to others.</li> <li>Identify ways to change feelings and calm down.</li> </ul> <b>Y1</b> <ul style="list-style-type: none"> <li>Identify a range of feelings</li> <li>Identify how feelings might make us behave:</li> <li>Suggest strategies for someone experiencing 'not so good' feelings to manage these.</li> </ul>		
<b>Prior Substantive Knowledge Rec (prior is Nursery)</b> <ul style="list-style-type: none"> <li>To know we are unique</li> <li>To know the name of features of their face and some features of their body</li> </ul> <b>Y1</b> <ul style="list-style-type: none"> <li>To know the name of special people in their lives</li> <li>To know who can help if they are sad, worried or scared</li> <li>To know how they are the same/different to others</li> </ul>	<b>Vocabulary</b>  <b>Unique, similar, special, community, emotions, friend, friendship, feelings</b>		
<b>Prior Disciplinary Rec (prior is Nursery)</b> <ul style="list-style-type: none"> <li>Speak positively about themselves</li> <li>Name different feelings and possible causes</li> <li>Name some key adults who can help them when feeling sad/worried/scared</li> </ul> <b>Y1</b> <ul style="list-style-type: none"> <li>To talk about the special people in their lives</li> <li>Explore how we feel at different times and in different situations</li> <li>Choose ways to help themselves if they feel sad</li> </ul>	<b>SCARF Units to be Covered - Rec SCARF Units)</b> <ul style="list-style-type: none"> <li>My feelings 1</li> <li>My feelings 2</li> <li>Me and My Special People</li> <li>Who can help me?</li> <li>All about me</li> <li>What makes me special?</li> </ul>		
<b>Questions (potential 'hook' questions for lessons)</b> Who lives in your house? Who are your special people? What do you do if you are upset? What is the same/different about you and the person sitting next to you?	<b>Cross-Curricular/Enrichment</b> <ul style="list-style-type: none"> <li>Worry Monster/dolls</li> <li>Role Play – house</li> <li>Drawing families</li> <li>Drawing face by observing in a mirror – drawing different emotions</li> <li>Story books about emotions – The Worry Monster, Feeling Sad etc</li> </ul>		