



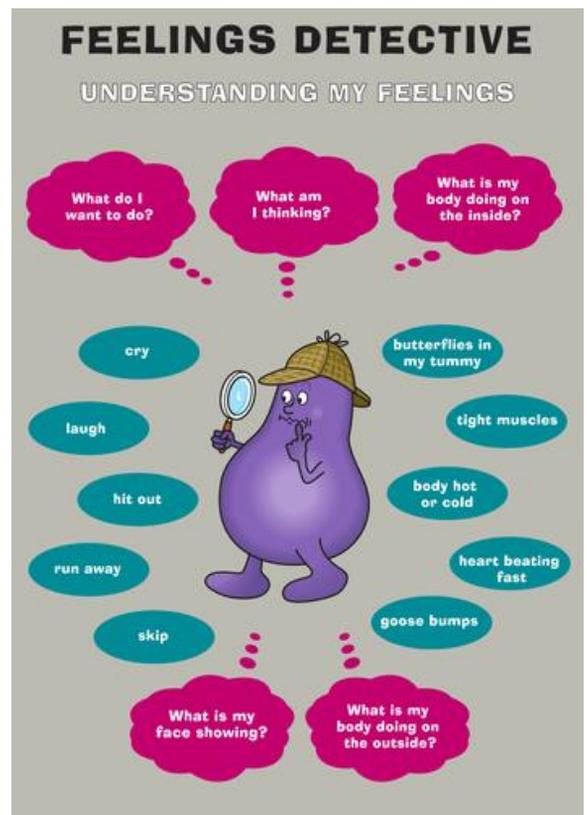
Waterbeach Community Primary School

Curriculum Capture for Year 6 PSHE: *Myself and My Relationships*

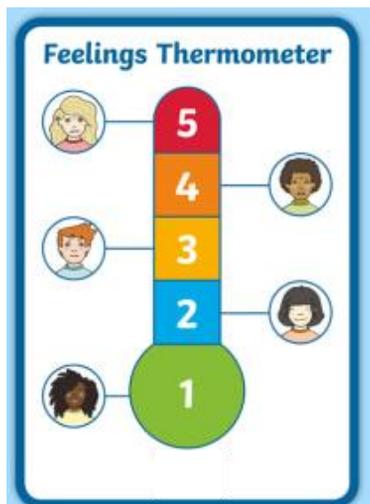
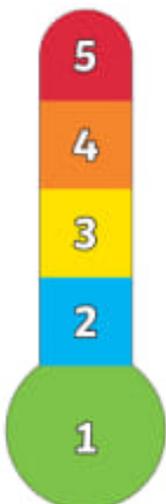
Theme: *Beginning and Belonging*

Key Knowledge/Skills	
<p>To develop strategies for building collaborative relationships within the class and the school.</p> <ul style="list-style-type: none"> • To know the names of everyone in our class • To listen to others in our class and show an interest in what they are sharing, even if it does not interest us. • To work cooperatively with anyone in the class, regardless of our relationships with them. • To explain what helps me to learn in class – what do I like in school? What helps me focus? Do the others in the class agree? 	<p>To recognise, for themselves and for others, the emotions involved in being in a new situation.</p> <ul style="list-style-type: none"> • To list a range of new situations that I (or someone I know) might find themselves in. • To name feelings I (or someone) else might experience when we are in a new situation. • To show empathy for people different from me who are in a new situation. • To describe or show approaches to making a new person feel welcome.
<p>To develop strategies for themselves for coping with new situations.</p> <ul style="list-style-type: none"> • To describe some of the challenges you might experience in a new situation or when faced with a new problem. • To share ideas of strategies you have already used when you have been in a new situation with others. • To know some new approaches that you could use in a new situation and understand why they might be helpful. 	<p>To develop approaches to offering help and support to other people.</p> <ul style="list-style-type: none"> • To understand that our friends may sometimes need our support. • To know that sometimes it is important we involve a trusted adult if we feel like the situation is too serious to deal with on our own (or makes us feel worried). • To explain ways in which you can help and support your friends.

Key Vocabulary	
Contribute	Adding your own ideas and responses to a group's work or discussion.
Behaviour	Our actions and the way we treat other people.
Collaboration	When people work together.
Relationship	The way you are connected to someone and behaviour toward each other.
Coping strategies	Something you can use to help change the way you react to things
Source of support	Somewhere or someone who can help you.



Example of a coping strategy: Emotional Detective



Emotional barometer examples

