



# Waterbeach Community Primary School

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

### Theme: Family and Friends

Key Knowledge/Skills	
<p><b>To identify who is in their network of people who are special to them.</b></p> <ul style="list-style-type: none"> <li>To identify a range of special people in my network.</li> <li>To describe qualities I value in people.</li> <li>To talk about the different contexts where I come into contact with people in my network.</li> <li>To describe changes in my network and why they may have happened.</li> <li>To recognise what makes a friendship or other relationship a positive one.</li> <li>To talk about changes that may happen in the future in my network of relationships.</li> </ul>	<p><b>To recognise how their relationships have changed and developed.</b></p> <ul style="list-style-type: none"> <li>To have some strategies for meeting new people and building new relationships. describe qualities I look for in my friends.</li> <li>To describe aspects of friendship I think I might give to others.</li> <li>To recognise that people may bring different qualities to a friendship from those we expect.</li> <li>To understand some of the reasons why relationships change, and that this is normal.</li> <li>To describe some of the benefits of meeting new people.</li> <li>To have some strategies for maintaining existing friendships.</li> </ul>
<p><b>To recognise and value differences between individuals, and how difference can be a positive aspect of their friendships.</b></p> <ul style="list-style-type: none"> <li>To identify similarities and differences between myself and others in the class.</li> <li>To recognise that differences within friendships are positive.</li> <li>To understand that everybody's home and family situation is different.</li> <li>To recognise a range of different family patterns.</li> <li>To understand that family situations can change.</li> <li>To know some ways that people can cope with change in families.</li> <li>To understand that all friendships and relationships sometimes face challenges.</li> <li>To describe some of the challenges I do or might face in my relationships.</li> <li>To recognise there are aspects of the same person's personality or behaviour I might find more difficult.</li> <li>To understand how to be tolerant of different behaviour.</li> <li>To develop ways to cope with different behaviour in our friends and family.</li> </ul>	<p><b>To identify some of the influences and pressures involved in group relationships, and to develop strategies to manage these.</b></p> <ul style="list-style-type: none"> <li>To state positive and negative things about group friendships.</li> <li>To recognise some of the influences involved when we are in groups.</li> <li>To describe some of the pressures we can experience in group situations.</li> <li>To show I have some strategies to cope with situations that happen in groups.</li> <li>To identify a range of people in my Network of Support who I can talk to if I have a problem.</li> <li>To understand what 'trust' means.</li> <li>To recognise the qualities of a trusted adult.</li> <li>To understand why it is important to find someone I can share my worries with.</li> <li>To know some obstacles to talking about worries and some ways to overcome these.</li> <li>To identify things that help me to feel able to share my worries and concerns.</li> </ul>

Key Vocabulary	
Qualities	Parts of a person's personality: their strengths, weaknesses, what they're like, what kind of things you notice about them, words that you would use to describe them.
Network	The group of people around you. (E.g. your family network would be made up of the members of your family.)
Family patterns	What different people make up a family and how these people act toward each other. (E.g. in your family, your grandparent may live with you and spend a lot of time with you, while your friend's grandparent might live far away and they might not see them often).
Tolerate	To allow something that you don't like to continue. (E.g. I tolerate that my friend always talks about Minecraft even though I find it boring because I want them to be happy).
Strategies	Plans, ideas, tips or instructions that you can follow to cope with something.
Overcome	Being able to defeat a problem or succeed despite problems that you face.

