

PSHE

Relationship Education

Year 1

Autumn 1

Key Knowledge

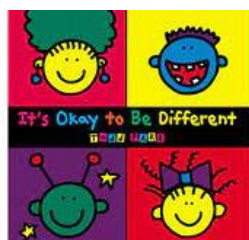
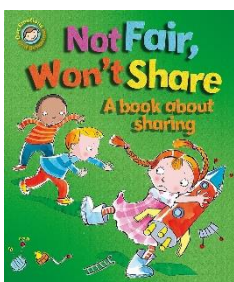
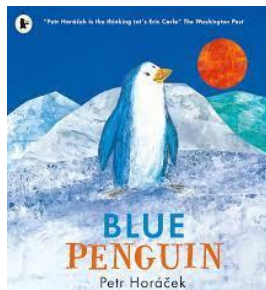
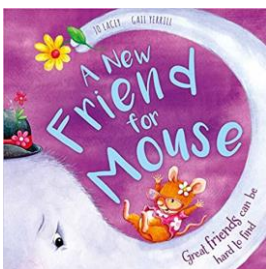
The qualities of a good friend	<ul style="list-style-type: none"> Kindness, mutual respect, truthfulness, trustworthiness, kindness, trust, sharing interests and experiences The difference between friendly and unfriendly behaviours Recognising loneliness and how to resolve it
Seeking support	<ul style="list-style-type: none"> How to recognise when a friendship makes us feel unhappy Finding a trusted adult to speak to
Knowing ourselves	<ul style="list-style-type: none"> What we like and dislike What makes us special What we are good at How are individual qualities make us interesting
Respecting differences	<ul style="list-style-type: none"> What differences exist between us and our friends How our differences make our friendships interesting That we respect other people's differences regardless of what they are
Courtesy and manners	<ul style="list-style-type: none"> What the word manners means Examples of good manners How they can show good manners Why sharing is important

Statutory requirements

- How important friendships are in making us feel happy and secure.
- The characteristics of friendships.
- That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded.
- How to judge when a friendship is making them feel unhappy or uncomfortable and how to seek help or advice from others, if needed.
- The importance of respecting others, even when they are very different from them.
- The conventions of courtesy and manners.

Key vocabulary

Spelling	Definition
Friend	A person that someone likes and knows
Kindness	The quality of being friendly, generous and considerate
Qualities	A feature that makes a person or thing what it is
Differences	What makes two or more people or things not the same
Similarities	What makes two or more people or things alike in some way
Loneliness	Being alone when you don't want to be or feeling alone even when you're with others
Manners	A way of behaving or acting
Sharing	Letting someone else use something you have or own



Books

Jo Lacey	A New Friend for Mouse
Petr Horacek	Blue Penguin
Sue Graves	No fair wont share
Todd Parr	It's Okay to be different