



PSHE – Relationships Unit – Overview Year Group by Year Group

	EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Lesson coverage	<p>I can identify some of the jobs I do in my family and how I feel like I belong.</p> <p>I know how to make friends to stop myself feeling lonely.</p> <p>I can think of ways to solve problems and stay friends.</p> <p>I am starting to understand the impact of unkind words.</p> <p>I can use Calm Me time to manage my feelings.</p> <p>I know how to be a good friend.</p>	<p>I can identify members of my family and understand that there are lots of different types of families.</p> <p>I can identify what being a good friend means.</p> <p>I know appropriate ways of physical contact to greet my friends and know which ways I prefer.</p> <p>I know who can help me in my school.</p> <p>I can recognise my qualities as a person and a friend.</p> <p>I can tell you why I appreciate someone who is special to me.</p>	<p>I can identify the different members of my family, understand my relationships with each of them and know why it is important to share and cooperate.</p> <p>I know which types of physical contact I like and don't like and can talk about this</p> <p>I can identify some of the things that cause conflict with my friends.</p> <p>I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret.</p> <p>I recognise and appreciate people who can help me in my family, my school and my community.</p> <p>I can express my appreciation to people in my special relationships.</p>	<p>I can identify the roles and responsibilities of each member of my family. I can reflect on expectations for males and females.</p> <p>I can identify and put into practise some of the skills of friendship e.g. Taking turns, being a good listener.</p> <p>I know and can use some strategies for keeping myself safe online.</p> <p>I can explain how some of the actions and work of people around the world help and influence my life.</p> <p>I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.</p> <p>I know how to express my appreciation to my friends and family.</p>	<p>I can recognise situations which can cause jealousy in relationships.</p> <p>I can identify someone I love and can express why they are special to me.</p> <p>I can tell you about someone I know that I no longer see.</p> <p>I can recognise how friendships change, know how to make new friend and how to manage when I fall out with my friends.</p> <p>I understand what having a boyfriend/girlfriend might mean and that it is a special relationship for when I am older.</p> <p>I know how to show love and appreciation to the people and animals who are special to me.</p>	<p>I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities.</p> <p>I understand that belonging to an online community can have positive and negative consequences.</p> <p>I understand there are rights and responsibilities in an online community or social network.</p> <p>I know there are rights and responsibilities when playing a game online.</p> <p>I can recognise when I am spending too much time using devices (screen time).</p> <p>I can explain how to stay safe when using technology to communicate with my friends.</p>	<p>I know that it is important to take care of my mental health.</p> <p>I know how to take care of my mental health.</p> <p>I understand that there are different stages of grief and that there are different types of loss that cause people to grieve.</p> <p>I can recognise when people are trying to gain power or control.</p> <p>I can judge whether something online is safe and helpful for me.</p> <p>I can use technology positively and safely to communicate with my friends and family.</p>