

What I Need to Know: Y5 RSHE – Me and my relationships

We nurture the curiosity to learn, the courage to lead and the compassion to care.

Brief summary of topic: Developing an understanding of 'Me and my relationships'. Building understanding of unhealthy relationships and characteristics of different emotional behaviours.



Create, Communicate & Evaluate

- Drama (hold a difficult conversation using the restorative approach model)



Question, Reason, Discuss & Explain

- Explore some of the key qualities of friendships
- Recognise basic emotional needs and how they can change according to circumstance
- Explore how online communication can be misinterpreted
- Describe the stages for resolving difficult issues or situations



Know & Do

- Know what can make a relationship unhealthy and where to seek support
- Know some characteristics of passive, assertive and aggressive behaviours

Vocabulary I need to know...

Peer pressure, assertive, passive, aggressive, behaviours, positive, healthy, relationship, risk, feelings, emotion, misinterpret.

Opportunities to support English and maths

- Skim and scan texts to retrieve information or quotes quickly and accurately
- Summarise main ideas from more than one paragraph
- Make and justify inferences with appropriate evidence from the text
- Provide reasoned justifications for their views, quoting evidence from across a text

Curriculum Links and Enrichment Activities

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