



Unit Overviews for PSHE/RSE

Relationships

Puzzle Overview - Year 1

Puzzle 5 Relationships	Puzzle Outcome Help me fit together the six pieces of learning about Relationships to create 'Our Relationship Fiesta'
Pieces	
1. Families	I can identify the members of my family and understand that there are lots of different types of families I know how it feels to belong to a family and care about the people who are important to me
2. Making Friends	I can identify what being a good friend means to me I know how to make a new friend
3. Greetings	I know appropriate ways of physical contact to greet my friends and know which ways I prefer I can recognise which forms of physical contact are acceptable and unacceptable to me
4. People Who Help Us	I know who can help me in my school community I know when I need help and know how to ask for it
5. Being My Own Best Friend	I can recognise my qualities as person and a friend I know ways to praise myself
6. Celebrating My Special Relationships Assessment Opportunity ★	I can tell you why I appreciate someone who is special to me I can express how I feel about them

Relationships

Puzzle Overview - Year 2

Puzzle 5 Relationships	Puzzle Outcome Help me fit together the six pieces of learning about Relationships to create 'Our Relationship Fiesta'
Pieces	
1. Families	I can identify the different members of my family, understand my relationship with each of them and know why it is important to share and cooperate I accept that everyone's family is different and understand that most people value their family
2. Keeping Safe - exploring physical contact	I understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not I know which types of physical contact I like and don't like and can talk about this
3. Friends and Conflict Assessment Opportunity ★	I can identify some of the things that cause conflict with my friends I can demonstrate how to use the positive problem solving technique to resolve conflicts with my friends
4. Secrets	I understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret I know how it feels to be asked to keep a secret I do not want to keep and know who to talk to about this
5. Trust and Appreciation	I recognise and appreciate people who can help me in my family, my school and my community I understand how it feels to trust someone
6. Celebrating My Special Relationships	I can express my appreciation for the people in my special relationships I am comfortable accepting appreciation from others

Relationships

Puzzle Overview - Year 3

Puzzle 5 Relationships	Puzzle Outcome Help me fit together the six pieces of learning about Relationships to create 'Our Relationships Fiesta'
Pieces	
1. Family Roles and Responsibilities	I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females I can describe how taking some responsibility in my family makes me feel
2. Friendship	I can identify and put into practice some of the skills of friendship, e.g. taking turns, being a good listener I know how to negotiate in conflict situations to try to find a win-win solution
3. Keeping Myself Safe	I know and can use some strategies for keeping myself safe I know who to ask for help if I am worried or concerned
4. Being a Global Citizen 1 Assessment Opportunity ★	I can explain how some of the actions and work of people around the world help and influence my life I can show an awareness of how this could affect my choices
5. Being a Global Citizen 2	I understand how my needs and rights are shared by children around the world and can identify how our lives may be different. I can empathise with children whose lives are different to mine and appreciate what I may learn from them
6. Celebrating My Web of Relationships	I know how to express my appreciation to my friends and family I enjoy being part of a family and friendship groups

Relationships

Puzzle Overview - Year 4

Puzzle 5 Relationships	Puzzle Outcome Help me fit together the six pieces of learning about Relationships to create 'Our Relationships Fiesta'
Pieces	
1. Relationship Web	I can identify the web of relationships that I am part of, starting from those closest to me and including those more distant I know how it feels to belong to a range of different relationships and can identify what I contribute to each of them
2. Love and Loss	I can identify someone I love and can express why they are special to me I know how most people feel when they lose someone or something they love
3. Memories	I can tell you about someone I know that I no longer see I understand that we can remember people even if we no longer see them
4. Are Animals Special? Assessment Opportunity ★	I can explain different points of view on an animal rights issue I can express my own opinion and feelings on this
5. Special Pets	I understand how people feel when they love a special pet I can understand that losing a special pet brings feelings that can be hard to cope with, but that it can be helpful to mark loss by celebrating special things about the pet
6. Celebrating My Relationships with People and Animals	I know how to show love and appreciation to the people and animals who are special to me I can love and be loved

Relationships

Puzzle Overview - Year 5

Puzzle 5 Relationships	Puzzle Outcome Help me fit together the six pieces of learning about Relationships to create 'Our Relationship Fiesta'
Pieces	
1. Recognising Me	I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities I know how to keep building my own self-esteem
2. Getting On and Falling Out	I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends I know how to stand up for myself and how to negotiate and compromise
3. Girlfriends and Boyfriends	I understand how it feels to be attracted to someone and what having a boyfriend/girlfriend might mean I understand that relationships are personal and there is no need to feel pressured into having a boyfriend/girlfriend
4. Girlfriends and Boyfriends	I understand how it feels to be attracted to someone and what having a boyfriend/girlfriend might mean I can recognise the feeling of jealousy, where it comes from and how to manage it
5. Relationships and Technology	I understand how to stay safe when using technology to communicate with my friends I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to others
6. Relationships and Technology Assessment Opportunity ★	I can explain how to stay safe when using technology to communicate with my friends I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others

Relationships

Puzzle Overview - Year 6

Puzzle 5 Relationships	Puzzle Outcome Help me fit together the six pieces of learning about Relationships to create 'Our Relationship Fiesta'
Pieces	
1. My Relationship Web	I can identify the most significant people to be in my life so far I understand how it feels to have people in my life that are special to me
2. Love and Loss 1	I know some of the feelings we can have when someone dies or leaves I can use some strategies to manage feelings associated with loss and can help other people to do so
3. Love and Loss 2	I understand that there are different stages of grief and that there are different types of loss that cause people to grieve I can recognise when I am feeling those emotions and have strategies to manage them
4. Power and Control Assessment Opportunity ★	I can recognise when people are trying to gain power or control I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control
5. Being Safe with Technology 1	I understand how technology can be used to try to gain power or control and I can use strategies to prevent this from happening I can take responsibility for my own safety and well-being
6. Being Safe with Technology 2	I can use technology positively and safely to communicate with my friends and family I can take responsibility for my own safety and well-being