

PSHED Medium Term Plan - Autumn 2 – Self awareness

Core Knowledge for this Strand

Foundations Pathway

Children will learn

Things we are good at

- To identify ways in which we are special
- To identify things we enjoy and things that make us feel happy
- That people might like different things to us
- To identify things we are good at and things we would like to get better at
- To know that others might be good at different things – we all have different strengths

Kind and unkind behaviours

- What the words 'angry' and 'upset' mean
- How we might feel when we are 'angry' and 'upset'
- What things might make us feel 'angry' and 'upset'
- Identify kind and unkind actions
- How we/others feel when we are kind/unkind

Playing and working together

- To identify how we can show we are listening and ready to learn
- To take turns and why this is important
- To identify ways to be polite and courteous to others (please, thank you, offering to share/help, including others, saying sorry)
- Why it is important to be heard and to listen to others in discussions
- That it is important to follow rules in a game and that we don't/can't always win

People who are special to us

- To identify people who are special to us and why they are special (keep us safe, look after us, have our best interests at heart, make us feel happy and safe)
- About different family members/care givers (parents/carers, siblings, grandparents, aunts and uncles)
- You should feel happy when you spend time with your family
- Who to tell if family life or anyone is making you feel worried or unhappy

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Getting on with others

What we can do and who we can tell if we feel unhappy with our friends or family

About how to manage fallouts and disagreements with our friends

What we might do to 'make up' after a fall out or disagreement

Know that people can have different ideas to us and think about things differently this doesn't mean you can't still be friends

It is important to listen to others and respect others' opinions even if we don't agree

Next Steps Pathway

Children will learn

Things we are good at

To identify strengths and talents

To identify areas where we need help to develop and improve

To identify our hopes and aspirations for the future

How we can achieve those hopes and aspirations

That everyone has different strengths and areas for development

Kind and unkind behaviours

What bullying is and identify what this may look like (Physical behaviours, hurting someone or intimidating, threatening, unkind behaviours)

Bullying can also happen indirectly (by deliberately turning others against someone e.g don't play with him/her)

That bullying can happen in person, online, social media and what this might look like

That some people may be bullied due to a protective characteristic (race, age, disability, background, gender,) and that this is not okay

Who to tell if you or someone else is being bullied

How to respond to unkind and bullying behaviour

Playing and working together

To demonstrate ways of playing and working co-operatively

How to share thoughts, opinions and ideas with others

Know how to deal with issues that arise from turn taking (e.g. recognise if someone has missed their turn, how they might feel, how to resolve it)

Working together towards shared goals

Listen and respect other people's points of view even if they are different from our own

Being able to take and give constructive feedback to others

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People who are special to us

How families can be different (dynamics, beliefs, interests, rules, bedtime routines, etc)

How the special people in our lives help care for us and help us with problems and difficulties (e.g. bullying, puberty, friendships, conflict resolution, money, independence)

That we don't have to tolerate unkind behaviours from anyone even if they are family members or friends

Getting on with others

Why it's important to feel listened to

Why it is important to listen to others and their point of view

How we might feel when others don't agree with us/have a difference of opinion

That we will have disagreements and identify ways in which to resolve disagreements

How to treat ourselves and others with respect

That it is okay to tell someone "no" or to "stop" if their behaviour or actions make you feel uncomfortable, worried or scared

Who else you can tell if you are worried about the behaviour or actions of someone towards you

To identify the qualities of a good friend