



Phase: UKS2

Team

What should I already know?

- How to talk about our feelings and worries.
- Understand how to recognise different feelings.
- How to be considerate to other people and resolve conflict.
- How to work as a member of a team.

Key knowledge

That to work well as part of a team requires good listening and communication.

That it is important to care for each other and be considerate to the feelings of others.

It's important to let everyone have the chance to speak when working as a team.

Working as part of a team can help to develop your confidence, emotional and social skills.

It's important to know how to compromise sometimes when working as a team.

Effective and successful teams involve hard work and commitment. Teams work well when they can give each other constructive feedback.

All teams face challenges, but it is important to know that when you can work through a challenge together, it often makes your team stronger.



Values

Challenge	What challenges do our rivers help us to overcome?
Commit	How can we commit to practising a performance?
Conquer	What do we need to do to conquer the challenge of watercolour painting?
Celebrate	How and why do people mark and celebrate the significant events of life?



Key facts and figures

- When we are listening, we can listen to between 125 and 250 words per minute.
- When we are thinking, we can think between 1000 to 3000 words per minute!
- If we see someone being caring, we are more likely to be caring ourselves.

Technical vocabularyMat

Teamwork	To work as part of a team to achieve a goal.
collaborate	To work with and share ideas with others.
honesty	To tell the truth.
communicate	To share your ideas with others.
contribute	To join in and add to something.
dispute	To disagree.
sensitive	To be easily hurt or offended / To be considerate to others
responsibility	Your role or job
consequence	What happens as a result of certain behaviour
admire	To think highly of something or someone.





What should I already know?

- explain who the special people in my life are.
- talk about why families are important.
- describe what makes someone a good friend;
- know how to resolve an argument in a positive way;
- know the skills involved in successful cooperation;
- identify a way to show others we care.

Knowledge

Having friends is important as it is good for both your physical and mental health.

Trust respect and kindness are important factors in a friendship. Although we sometimes argue with our friends and this can feel unpleasant, it can often help to develop stronger friendships, as long as the argument is worked out properly.

Anyone can be a victim of bullying and it can happen at any age. We should talk to someone if we feel we are being bullied or we see bullying happening.

There can be many different types of bullying, such as, verbal, physical, emotional and cyber-bullying.

We have different types of relationships with different people. Everyone deserves to be treated with respect even if they are not your friend,

Values

Challenge	Is it always the right think to challenge a bully?
Commit	How can we commit to being a good friend?
Conquer	Why is important to conquer your differences if you disagree with your friends?
Celebrate	Why do we have celebrations with our family and friends?

Key facts and figures

- It's not just humans that make friends, even animals such as chimpanzees, elephants and dolphins form friendships.
- Babies as young as nine months old can recognise friendships.

Technical vocabulary

Friends	A person who you enjoy to spend time with.
hobbies	Something you do in your spare time.
respect	Treating others in a kind and thoughtful way.
relatives	People in your family.
family	Parents and their children.
support	To help someone else.
reflect	Think something over.
argument	To disagree with someone else.
resolution	To find agreement of some sort after an argument.
opinion	What somebody thinks.
difference	Not the same.
decisions	Being clear about the way you think.
compromise	Where people agree to settle for less than they asked for to settle an argument.
bullying	To deliberately hurt somebody else.
victim	Someone who has been hurt in some way, deliberately by someone else.





St White's Primary School - PSHE

Phase: KS1

Topic: Respecting Rights

What should I already know?

How to be a good friend.
That we have different feelings and that we should try to understand the way somebody else is feeling. That it's important to share what we have if we can and be kind to other people.

Knowledge

We all share the same rights and there are people who will protect your rights. Children have their own special rights. It is important to have and show respect for all other people. People are different in many different ways and we should respect people's differences. Being fair means that we treat everybody with the same respect and think about the needs of others. You are part of the school community and it's important to try to make a positive difference.

Values

Challenge	What challenges might we have when making sure we treat everyone fairly.
Commit	What commitments should we make to our school?
Conquer	How can we conquer the challenge of treating everyone fairly?
Celebrate	How could we celebrate the importance of our human rights?

Technical vocabulary

rights	Something that you have that should not be taken away.
respect	Treating others in a kind and thoughtful way.
fair	To follow the rules
share	To give something to somebody else.
community	The people living in one area
similar	What is the same.
different	What is not the same.
protect	To look after something or someone.
positive	Good feelings
behaviour	The things that you say and do.
contribute	To join in and add to.
local	Near to where you are or live.
family	Parents and their children.



Key facts and figures

The universal declaration of human rights was made on 10th December 1948.
There are people whose job it is to protect our human rights such as the police, judges, and the armed forces.





St White's Primary School - PSHE

Phase: EYFS

Topic: All about Me

Knowledge

It's important to make friendships and know how to be a good friend. Its good to play with other children and invite them to play with you.
Adults at school are there to look after us and help us to learn new things and it is important that we can talk to them about what we are learning and how we are feeling. New situations can sometimes be scary, but we can feel better about it if we have good relationships with our friends.
WE all have different feelings at times and that it is important to try to explain the way that we are feeling.

Values

Challenge	What do you find challenging?
Commit	What will you commit to at school?
Conquer	How will you conquer the challenge of doing new things?
Celebrate	How do we feel when it is time to celebrate?

Technical vocabulary

play	To do a fun activities on your own or with a friend.
share	To give a toy to a friend to play with or play with it together.
Take turns	To give a toy to a friend to play with after you have had your turn.
fair	To follow the rules.
friend	A person you like to play with.
friendship	When you are friends with someone.
kind	Helping someone out or saying something nice.
kindness	Being kind to someone.
feelings	Happy, sad, cross, excited, poorly, scared, nervous, brave

Our Feelings



happy



cross



excited



sad



poorly



scared



nervous

Key facts and figures