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As part of our school’s Personal, Social, Health and Economic (PSHE) curriculum, children in Years 1 to 6 will be covering the topic **Relationships**, during **Spring Term 1**. The table below outlines some of the themes covered during the lessons.

Year 1	Children’s breadth of relationships is widened to include people they may find in their school community. They consider their own significant relationships (family, friends and school community) and why these are special and important. As part of the learning on healthy and safe relationships, children learn that touch can be used in kind and unkind ways. This supports later work on safeguarding. Children also consider their own personal attributes as a friend, family member and as part of a community, and are encouraged to celebrate these.	Year 4	Children talk about their hopes and dreams. They discuss how it feels when dreams don’t come true and how to cope with / overcome feelings of disappointment. Children talk about making new plans and setting new goals even if they have been disappointed. The class talk about group work and overcoming challenges together. They reflect on their successes and the feelings associated with overcoming a challenge.
Year 2	Learning about family relationships widens to include roles and responsibilities in a family and the importance of co-operation, appreciation and trust. Friendships are also revisited with a focus on falling out and mending friendships. This becomes more formalised and the children learn and practise two different strategies for conflict resolution (Solve-it-together and Mending Friendships). Children consider the importance of trust in relationships and what this feels like. They also learn about two types of secret, and why ‘worry secrets’ should always be shared with a trusted adult. Children reflect upon different types of physical contact in relationships, which are acceptable and which ones are not. They practise strategies for being assertive when someone is hurting them or being unkind. Children also discuss people who can help them if they are worried or scared.	Year 5	Children explore culture and cultural differences. They link this to racism, talking about what it is and how to be aware of their own feelings towards people from different cultures. They revisit the topic of bullying and discuss rumour spreading and name-calling. Children talk about direct and indirect bullying as well as ways to encourage children to not using bullying behaviours. The class talk about happiness regardless of material wealth and respecting other people’s cultures.
Year 3	Children look at examples of people who have overcome challenges to achieve success and discuss what they can learn from these stories. Children identify their own dreams and ambitions and discuss how it will feel when they achieve them. They talk about facing learning challenges and identify their own strategies for overcoming these. Children talk about obstacles which might stop them from achieving their goals and how to overcome these. They reflect on their progress and successes and identify what they could do better next time.	Year 6	Children look at mental health and how to take care of their own mental well-being. They talk about the grief cycle and its various stages. They also discuss the different causes of grief and loss. Children talk about people who can try to control them or have power over them. They look at online safety, learning how to judge if something is safe and helpful as well as talking about communicating with friends and family in a positive and safe way.