



St Andrew's C of E Maghull

Knowledge Organiser



Year 5 - Autumn 1 - PSHE - Me & My Relationships

Knowledge:

I can identify characteristics of passive, aggressive and assertive behaviours
 I can understand and rehearse assertiveness skills.
 I can recognise basic emotional needs, understand that they change according to circumstance.
 I can identify risk factors in a given situation, and consider outcomes of risk taking in this situation, including emotional risks.
 I can identify what things make a relationship unhealthy.
 I can identify who I can talk to if I need help.
 I can demonstrate how to respond to a wide range of feelings in others.
 I can give examples of some key qualities in friendship.
 I can reflect on my own friendship qualities.
 I can explain what is meant by the terms negotiation and compromise.
 I can describe strategies for resolving difficult issues or situations.
 I can explain what collaboration means.
 I can give examples of how I have worked collaboratively.
 I can describe the attribute needs to work collaboratively.

Vocabulary:

Passive - When someone is passive, they don't speak up or share how they feel, even if something is bothering them. They might let others make decisions for them.

Aggressive - acting in a way that is mean or bossy. An aggressive person might shout, push, or try to get their way without thinking about others' feelings.

Assertive - being assertive means speaking up kindly and clearly. An assertive person says what they think or feel, but also listens to others and respects them.

Basic Emotional Needs - the feelings we all need to be happy and healthy inside. Some examples are feeling loved, safe, respected, and understood.

Qualities of Friendship - the good things that make someone a great friend, like being kind, honest, helpful, fun, and caring.

Negotiation - when two people talk and try to agree on something that works for both of them - finding a fair solution together.

Compromise - each person gives up a little of what they want so everyone can be happy. It's like meeting in the middle.

Collaboration - working together as a team to get something done. Everyone shares ideas and helps each other.

Lesson Sequence:

Lesson 1 - I can explain what collaboration means and give examples of how I have worked collaboratively.

Lesson 2 - I can explain what negotiation and compromise is and how to resolve difficult situations.

Lesson 3 - I can demonstrate how to respond to a wide range of feelings and reflect on friendships.

Lesson 4 - I can identify what makes a relationship unhealthy and who to talk to if I am in need.

Lesson 5 - I can recognise mine and others basic emotional needs and understand how these change.

Lesson 6 - I can identify characteristics of passive, aggressive and assertive behaviours.

