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|  |  | **Year 1 > Key stage 1 > RSE & PSHE >** [**Y1 Families and relationships**](https://www.kapowprimary.com/subjects/rse-pshe/key-stage-1/year-1/family-and-relationships-lessons/) |

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| Suggested prior learning |
|  [Y1 Introduction: Setting ground rules for RSE & PSHE](https://www.kapowprimary.com/subjects/rse-pshe/key-stage-1/year-1/introduction-to-rse-and-pshe/) |
| Unit outcomes |
| Pupils who are **secure**will be able to:  * Understand that families can include a range of people.

 * Understand who their friends are and what people like to do with friends.

 * Describe what people might look like if they are feeling: angry, scared, upset or worried.

 * Identify ways of responding to this by either offering help or giving them space.

 * Understand the skills needed to work together in a group.

 * Understand that friendships can have problems and learn ways to overcome these problems.

 * Understand how the actions of others can affect people.

 * Explain what a stereotype is.

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| Key vocabulary | Unit specific links |
| behaviour care emotions family feelings friend friendly problem stereotype |  [Vocabulary display - RSE & PSHE Y1: Families and relationships](https://www.kapowprimary.com/featured_documents/vocabulary-display-year-1-families-and-relationships/) |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 |
|  [Lesson 1: What is family?](https://www.kapowprimary.com/subjects/rse-pshe/key-stage-1/year-1/family-and-relationships-lessons/lesson-1-what-is-family-lesson/) |  [Lesson 2: What are friendships?](https://www.kapowprimary.com/subjects/rse-pshe/key-stage-1/year-1/family-and-relationships-lessons/lesson-2-what-are-friendships-2/) |  [Lesson 3: Recognising other people’s emotions](https://www.kapowprimary.com/subjects/rse-pshe/key-stage-1/year-1/family-and-relationships-lessons/lesson-3-recognising-other-peoples-emotions-2/) |  [Lesson 4: Working with others](https://www.kapowprimary.com/subjects/rse-pshe/key-stage-1/year-1/family-and-relationships-lessons/lesson-4-working-with-others-2/) |  [Lesson 5: Friendship problems](https://www.kapowprimary.com/subjects/rse-pshe/key-stage-1/year-1/family-and-relationships-lessons/lesson-5-friendship-problems-2/) |  [Lesson 6: Healthy friendships](https://www.kapowprimary.com/subjects/rse-pshe/key-stage-1/year-1/family-and-relationships-lessons/lesson-6-healthy-friendships/) |  [Lesson 7: Gender stereotypes](https://www.kapowprimary.com/subjects/rse-pshe/key-stage-1/year-1/family-and-relationships-lessons/lesson-7-gender-stereotypes/) |
| To understand that families look after us. | To begin to understand the importance and characteristics of positive friendships. | To recognise how others show feelings and how to respond. | To begin to understand how friendships can make us feel. | To begin to understand that friendships can have problems but we can overcome them. | To begin to understand that being friendly to others makes them feel welcome and included. | To begin to understand what is meant by a stereotype. |
| Suggested next steps |
|  [Y2 Families and relationships](https://www.kapowprimary.com/subjects/rse-pshe/key-stage-1/year-2/families-and-relationships/) |