

# UKS2 Cycle A

## Knowledge Organiser



## Autumn 1—Me and My Relationships

### Key questions

#### Feelings

What are emotional needs?  
Do we have the same emotional  
needs?

Do emotional needs stay the  
same?

Why are emotional needs  
important?

#### Friendship Skills, Including Compromise

What qualities make a good  
friend? Why?

How does a good friend show  
these qualities?

Do these qualities make a  
difference in friendships? How?

#### Assertive Skills

How can someone stand up for  
themselves?

When would someone use their  
assertiveness skills?

Is assertiveness the best way to  
react to pressure? Why?

### Key vocabulary

collaborate aggressive  
resolution conflict pressure  
emotional needs passive  
assertiveness negotiation  
unsafe compromise  
body language respect  
uncomfortable touching qualities  
unhealthy relationship

### I can ...

I can give a range of examples of  
our emotional needs and explain  
why they are important.

I can explain why these qualities  
are important.

I can give a few examples of how  
to stand up for myself (be  
assertive) and say when I might  
need to use assertiveness skills.