Coley Primary School – Knowledge Organiser

SUBJECT FOCUS:	PSHE	YEAR 1	WHOLE SCHOOL YEAR

RELATIONSHIPS

Healthy Relationships Key Facts

- Our star qualities make us **special**.
- We are all **different** and that is something to be celebrated.
- **Respect** means treating other people and their beliefs with care and understanding.
- Telling a friend what we **appreciate** about them makes them feel good. This is called a **compliment**.
- Being **kind** makes people happier.
- You can never run out of **kindness**, so don't be afraid to be kind to everyone.
- **Kindness** is like a boomerang, when we give it, it usually comes back to us.
- Our **behaviour** can affect other people. It is important to be **polite, share** and **take turns** when working with others or as part of a team.
- Most people have their best ideas when they work as a team.
- We learn best by listening, seeing things or doing things.
- We all have **special** people who help and care for us.
- Special people make us feel safe and **comfortable**.
- All **families** are different.



- Always remember your body belongs to you and you can **choose** what happens with your body.
- There are some parts of of our body which are **private**. That means no one should be allowed to see or touch them without **permission**.
- We **respect** others by allowing them to keep their body parts **private**.
- Some forms of **touch** are **appropriate** like hugs, tickiling and kisses but it is important to know the difference between what is **appropriate** and what is **inappropriate**.



- You have the **right** to say '**no**' to **unwanted touch**.
- **Secrets** are not the same as surprises. If a secret upsets you, you should **tell** an adult you **trust**.
- If you ever feel **uncomfortable** or **unsure** about something, even with an adult you know well, you should tell an adult you trust.

Key Words			
kind	unkind	behaviour	respect
rules	polite	sharing	solution
choices	secrets	compliment	conflict
taking turns	point of view	problem-solving	surprises
teasing	bullying	relationships	family
feelings	private	safe/unsafe	permission
neighbourhood	community	multicultural	beliefs

Feelings and Emotions Key Facts



- Some **feelings** feel **good**
- inside and others can feel **uncomfortable**.
- **Smiling** can help us feel happier.
- Feeling happy to be **ourselves** is important.
- There are things we can do if we are feeling **unhappy** or **cross**.
- It is important to share our **comfortable** and **uncomfortable** thoughts and feelings with people we **trust**.
- We can tell how someone else is feeling by looking at their **face and body language**.
- It is important to learn about our feelings and how we can **cope** with them.

Valuing Differences Key Facts

- All people in Britain are **equal**. They have the same **rights** and deserve to be treated with **respect**.
- All people are in Britain are **free** to believe what they want and live their lives how they **choose**.
- A **community** is made of a place and the people who live and work in it.
- A **neighbourhood** is the area around where you live.
- Britain is a **multicultural** country. This means it has lots of different people with different **backgrounds** and **beliefs**.
- We are all **different**. That's what makes us **special**.

HEALTH AND WELLBEING

Healthy Lifestyles
Key Facts

- You need to have 5 portions of fruit and vegetables every day.
- The best drinks for children are water and milk.
- You need to brush your teeth twice a day.
- A relaxing bedtime routine can help you get a good night's sleep.
- 5 year olds need 10 to13 hours' sleep.
- 6-7 year olds need 9 – 12 hours'
- sleep.



- Children need to exercise for 1 hour every day to stay healthy.
- Making a choice between healthy and unhealthy foods can change the way you feel.
- You are responsible for keeping yourself clean.
- Doctors, nurses, dentists, lunch supervisors and parents are people who can help you stay healthy.

Growing and changing
Key Facts

- Change helps us grow and can bring great things to our lives.
- Change and loss can feel uncomfortable. That is OK.
- Goals are things we work towards to achieve.
- It is helpful to have goals for the future.



- People's hopes and ambitions for the future may be different.
- Aspirations are things we hope to achieve in the future.
- It is important to look back on our learning and be proud.
- We can all learn from our mistakes.
- You can attempt different challenges in different ways.
- Perseverence means not giving up.
- A positive learning attitude helps us learn from mistakes and improve.

Possible experiences

Visits from the school nurse and other professional e.g. police

Anti-bullying Week activities.

Life Bus

Visit to community garden/allotment

Key Words			
rules	rights	responsibility	choice
consequence	personal	hygiene	restrictions
safe	healthy	unhealthy	exercise
Well-being	diet	sleep	body
money	employed	wants	needs
ambition	attitude	perseverence	future

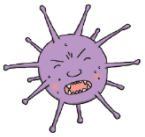
LIVING IN THE WIDER WORLD

Money and Work
Key Facts

- People earn money when they have a job.
- When people have a job, they are employed.
- When people are employed, they are usually paid wages. This is the amount of money that is normally paid each month.
- We sometimes receive money as a gift.
- We need to make sure we look after our money very carefully.
- If you want to save a large amount of money, you can go to the bank. You can open a bank account to keep your money safe.
- In the UK, the money system we use is called pounds and pence. We use money that is either coins or notes.
- Or wants and needs change as we grow older. For example, we want a new toy, we want sweets but we need food, air, shelter, water and clothing.

Keeping Safe
Key Facts

- Rules are guides for how to behave or act. We need rules to keep us safe.
- Rights are things that you need to live and that you can claim. Rights are different from things we want.
- Some things have age restrictions e.g. films.
- We need to follow the rules for keeping safe online.
- Most diseases are spread by touching other people's hands or by touching obj others have touched,
- About 3000 tiny droplets come out when we cough.



- Sneezes can travel at up to 200 miles per hour.
- 999 is the emergency number to call in the UK.