Coley Primary School – Knowledge Organiser

SUBJECT FOCUS:	PSHE including RSE	YEAR 2	WHOLE SCHOOL YEAR

RELATIONSHIPS

Feeling Safe - Key Facts

- All people – adults and children – have the right to feel **safe.**
- The internet is a valuable tool in everyday life where some content is factual or for entertainment. Some content can be **untrue.**
- We need to be aware of **strangers** when we are using **online** content or tools.
- A **trusted adult** is someone who would protect my **rights** such as a police officer, a trusted friend or a teacher.



- Never share your full name, address, phone number or school with a **stranger** online.
- Make sure you tell a **trusted adult** if you need help or see something **online** that worries, scares or upsets you.
- Sometimes if you do not feel **safe,** this can be upsetting and a little frightening. Tell a **trusted adult**.
- It is OK to ask someone to STOP if they are doing that makes you feel uncomfortable. Then, tell a **trusted adult**.
- The parts of our body under our underwear are **private**.



- Safe places to cross the road include **zebra crossings** and **pedestrian crossings**.
- Wearing a helmet when riding a bike or scooter will protect you from a serious **head injury.**
- It is important to stay with your group when out and about.
- The number to call in an **emergency** is 999 but you must never call it as a joke.

Key Words

protect	rules	stranger danger	road safety
emergency	getting help	love	underwear
e-safety	danger	zebra crossing	pedestrian crossing
trusted adult	online	bullying	The 'underwear rule'
baby	safe	private	community
unique	special	disagreements	
feelings	wellbeing	purpose	trust

Valuing Differences - Key Facts

- Families come in all shapes and sizes. **Love** is what makes them all the same.
- Some **families** have a mum. Some families have a dad, or two mums, or two dads. Others have carers, gran **step-parents** or a mum and dad.



- They are all **unique** and **special**.
- It is important to treat all people with **kindness** and **respect**.
- No person is more or less important than another.
- Being kind and **respectful** to all people helps us to feel happy and safe.
- People look and **spend** money in different ways depending on what they need or want.
- We **reward** people with money for the job they do.

Healthy Relationships - Key Facts



- A **community** is a group of people who live in the same place. We all **belong** to different groups and communities.
- We play different roles in different groups such as school, clubs or faith groups.
- Groups and communities help us to feel included.
- We are all **unique and special.** People have different beliefs, families, and ages, come from different places, wear different clothes, have different abilities and interests, look different and do things in different ways.
- We can make good friend who is someone we can **trust**, who looks after our **feelings** and who helps us to feel **safe** and **happy**.
- **Caring** for others is good for our **well-being**. It helps us to feel happier and calmer.
- **Cooperating** with others means working together, sharing, listening, helping others and looking after everyone's feelings.



- We understand what causes **disagreements** and can work them out with others positively.
- **Bullying** is when someone chooses to hurt someone else on **purpose** with his or her actions or with their words.
- **Bullying** is REPETITIVE – which means it happens again and again. It can hurt us in many ways.
- If someone is being **bullied**, we can tell him or her to stop and talk to a trusted adult.
- **Secrets** can make us feel uncomfortable and know how to get help.
- Use the correct **vocabulary** to ask for help if they feel unsafe, uncomfortable or worried.

HEALTH AND WELLBEING

Growing up - Key Facts

- We all started life as a **baby**, then grew into **toddlers.**
- Our bodies change as we grow from **babies** into **children**, **teenagers** and **adults**.
- Getting older means becoming more **responsible** and doing things for yourself.
- **Boys** and **girls** have different **bodies** so that they can have children when they are older, if they want to.
- Most of our **body parts**, inside and out, have special jobs to do.
- I can identify **physical** differences and similarities between males and females.
- Girls and boys have lots of body parts that are the same, such as **arms, back, cheeks, shoulders, wrists, lips, toes, neck, nostrils and hips**.
- The differences between girls' and boys' bodies are hidden under our underwear.
- Boys have a body part called a **penis**. This is its **scientific** name.
- Behind the penis are the **testicles**.
- These body parts are only on **males** – that's boys and men.
- **Females**, that's girls and **women**, have a **vulva** on the outside. This is a **scientific** name.
- We can name major internal body parts including the **lungs, heart, blood, stomach, small and large intestines, and brain**.
- Everybody **learns** to do things at different times – there is no right or wrong time and it isn't a race.
- People have different **talents** and things they are good at.
- As we grow, our **responsibilities** and opportunities change.
- We can prepare for **changes** and set new goals.

Thinking Positive Key Facts

- We can learn from our mistakes.
- We cannot always choose what happens but we can choose how we **react**.
- **Persevering** means not giving up.
- Thinking **positive thoughts** can make you a happier person.
- It's ok to feel sad, cross or worried; they are normal feelings.
- We learn by making **mistakes**.
- You can train your brain to focus on the positives and use calming down strategies when I'm stressed.
- Our **minds** need **rest**, just like our bodies.
- Exercising our bodies can help our minds to be more positive.
- It's ok to tell others and ask for help about how we are **feeling**, help others with their feelings.
- I can identify feelings about change, **bereavement** and loss.

Key Words

change	penis	vulva	growing up
medicine	toddlers	responsible	body parts
responsible	baby	heart	stomach
genitalia	talents	lungs	intestine
brain	blood	physical	arms
back	wrists	shoulders	Boy
girl	male	men	testicles
female	scientific	germs	tummy bug
gum disease	healthy	exercise	dentist
cavities	active	activity	tummy bug
perseverance	mistakes	mind	rest

Health and Hygiene - Key Facts

- To grow into a **healthy** adult, we must eat the right amount of the right types of foods, **exercise** regularly and maintain good hygiene.
- Brush your teeth twice a day for 2 minutes.
- We should visit the **dentist** every 6 months for a check-up.
- Brushing properly removes **plaque**. **Plaque** can cause **cavities**, toothache, gum disease and even our teeth to fall out!
- When we touch things, we pick up **germs**, which we can then **spread** by rubbing our eyes, putting things into our mouths, etc.
- We can spread **germs** to others without realising because we can't see them.
- Some **germs** can make us feel unwell, from a cold to a tummy bug and more.
- **Washing** our hands with clean, warm water and soap will kill off the **germs** and keep our hands clean.
- Sometimes we need **medicine** to combat germs or viruses and get better. We are **vaccinated** to avoid getting diseases.
- Adults needs to be **active** for at least 150 minutes each week
- Children aged 5 to 16 need to be active for at least 60 minutes each day
- Children under 5 need 3 hours of activity a day.

Possible Activities

- Road Safety Workshop – External.
- Life School bus.
- Anti-bullying week
- Mindfulness activities in class
- Drawing and labelling organs.
- Identify ways the can show friends and family how they care for them.
- Write a fact file about a body part of their choice.
- Growth Photo Timelines with changes observed in growth