

# Year 1, Term 1 – Knowledge Organiser – PSHE - *Being Me In My World*

## Vocabulary

word	definition
belong	To be a member of
rights	Something a person has which can not be taken away from them
responsibilities	Something you are expected to do
consequences	A consequence is <b>what happens immediately after a behaviour</b> . Consequences can be both

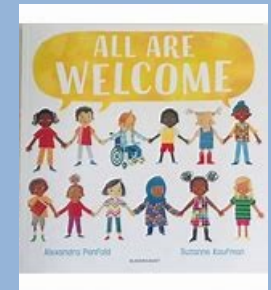
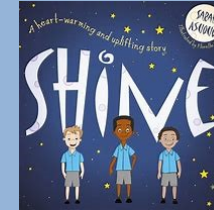
### Key Vocab

Safe, special, calm, proud, upset,  
disappointed

## Focus

- \* Understand the rights/responsibilities as a member of a class
- \* Understand their views are important
  - Understand their choices have consequences
  - Understand their own rights and responsibilities within the class-room

## Interesting Books



## Home Activities

### Family Discussions:

- What do you do in class to help other children?
- What does it feel like to be safe?
- Can you tell me something you were really proud of?

# Year 1, Term 2 – Knowledge Organiser – PSHE— *Celebrating Difference*

## Vocabulary

word	definition
special	Different from others, unique
kind	Wanting or liking to do good, to bring happiness to others
friend	A person that someone knows or likes. Friends talk to each other or spend time together.
Bullying	Repeated unwanted aggressive behaviour that hurts someone

### Key Vocab

Similarity, same as, different from, deliberate, on purpose, unfair, included,

## Focus

- Know that people have differences and similarities
- Know what **bullying** means
- Know who to tell if they or someone else is being bullied
- Know skills to make friends
- Know that it is ok to be different

## Interesting Books



## Home Activities

- Talk to your grown up about what makes a good friend
- Name your friends and discuss why you like them
- Make gingerbread people with different decorations!

# Year 1, Term 3 – Knowledge Organiser – PSHE— *Dreams and Goals*

## Vocabulary

word	definition
goal	Something you want to do, to be or to have and you work towards achieving it
persevere	Continuing to do something in spite of difficulties
Obstacle	Something that stops progress
success	To have a favourable result, to do well

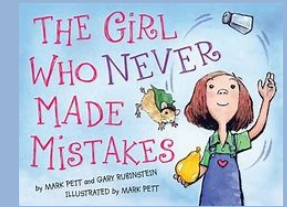
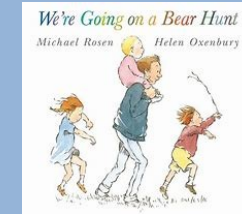
### Key Vocabulary

Proud, achievement, goal, stepping –stones, team-work, stretchy, obstacle , overcome,

## Focus

- Know how to set simple goals
- Know how to achieve a goal
- Know how to work well with a partner
- Know that to tackle a challenge will stretch their learning
- Know when a goal has been achieved
- Know how to identify obstacles which make achieving their goal difficult and work out how to overcome them

## Interesting Books



## Home Activities

- Share your new learning goal with your family
- Ask family members if they have any goals
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# Year 1, Term 4 – Knowledge Organiser – PSHE - *Healthy Me*

## Definitions

word	definition
exercise	Keeping the body healthy through being active
healthy	Being free from sickness, well and fit
balanced	Things occur in equal or proper amounts
medicines	Something , a pill or liquid to prevent , cure or relieve symptoms of an illness

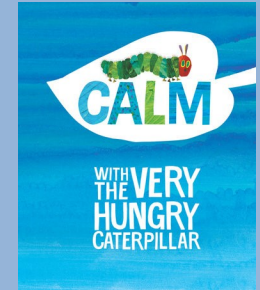
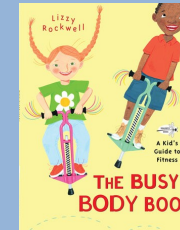
## Key Vocabulary

Unhealthy, sleep, choices , clean, body parts, safe, safety , look, listen, wait

## Focus

- Know the difference between **healthy and unhealthy**
- Know how to make **healthy life-style choices**
- Know that **germs cause disease/ illness**
- Know that **medicines can help if they feel poorly**
- Know that **all household products, including medicines can be harmful if not used properly**
- Know how to **keep safe when crossing the road**

## Interesting Books



## Home Activities

- Play an active game
- Help to prepare a healthy meal
- Look at baby pictures and talk to grownups about all the things you have already learnt to do

# Year 1, Term 5 – Knowledge Organiser – PSHE— *Relationships*

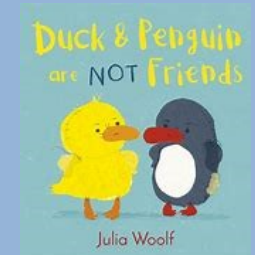
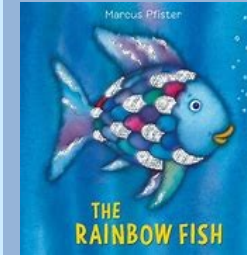
## Vocabulary

word	definition
friendship	A <i>friend</i> is a person that someone likes or knows. People who are <i>friends</i> talk to each other and spend time together.
sharing	To divide or give something out to others. To let someone else use something that is yours
belonging	Being comfortable and friendly with others.

## Focus

- To know how to make a new friend
- To identify what being a good friend means
- To when help is needed and how to ask for it

## Interesting Books



## Home Activities

- Make a card for a good friend. Can you think about what qualities a good friend should have?

# Year 1, Term 6 – Knowledge Organiser – PSHE— *Changing Me*

## Vocabulary

word	definition
Change	To make or become different, to exchange
Male	A man or a boy
Female	A woman or a girl

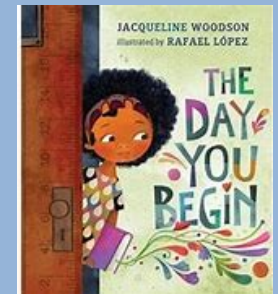
Vocab used:

**Penis, testicles, vagina, anus**

## Focus

- To understand the lifecycles of animals and humans
- To identify how they have changed since they were a baby
- To identify the parts of the body that make boys different to girls

## Interesting Books



## Home Activities

- Talk with your grownups about any worries you might have about moving to Year Two
- Write a letter to your new teacher to tell them all about yourself!