



Year 1 - Autumn 2 - RSE Knowledge Organiser

What I already know...

In EYFS we spent a lot of time learning that our own actions effect other people. We built on this knowledge in Autumn 1 when we looked at what made us a good friend and what we could do to make someone feel better if they were feeling lonely or sad. In EYFS we learnt the boundaries and behavioral expectations in the EYFS base. At the beginning of Year 1 we reminded ourselves of the golden rules so that we could start the term being the best that we can be.

Key Vocabulary

Healthy	In good physical or mental condition
Balanced Diet	A diet consisting of a variety of different types of food that provides the right amounts of the nutrients needed for good health
Exercise	Activity requiring physical effort, carried out to sustain or improve health and fitness
Food Groups	Categories of food which relate to their nutrition e.g. carbohydrates
Safe	Protected from or not exposed to danger or risk
Risk	A situation involving exposure to danger.
Special	Better, greater, or otherwise different from
Unique	Being the only one of its kind; unlike anything else

What I will learn...

Healthy Lifestyles

- Being healthy consists of eating correctly, exercise and sleep.
- Healthy foods are food that we need to help us grow. There are 5 basic food groups we need to eat to maintain a balanced diet.
- Unhealthy foods are okay to eat occasionally but eating too much sugar causes risks.

Keeping safe

- I will learn to recognise risk in everyday situations and what action to take to minimise harm.
- Electrical appliances, lighters and matches can all be dangerous and I will learn how to keep safe around them.
- Some things in my house including medicines need to be used carefully so that they do not cause me harm.
- Firefighters, doctors, nurses and police are all people whose job it is to help keep me safe.

Ourselves

- I know what things make me special.
- We are all unique.
- I can say what I am good at and what I like and dislike



Making a difference at The Merton

Developing our self worth and having a good understanding of what makes us all special and unique gives us the foundations to build our character and relationships within The Merton.

Learning about what we need to do to maintain a healthy lifestyle gives us the knowledge to help others in our school, particularly those who are younger than us in EYFS. We will create posters and share our ideas in assembly to help promote good mental and physical health and wellness at The Merton.

Making a difference at home

You could share your knowledge of healthy eating with your family. Next time you help with the food shop can you spot foods from all 5 food groups in your trolley?

Share your Fire Safety Tips at home so that you and your family can enjoy the Bonfire and Diwali festivities safely.