



Year 1 - Summer - PSHE Knowledge Organiser

What I already know...

In the Spring Term we learnt that our bodies and feelings can be hurt by words and actions. We learnt that bullying is unkind behaviour carried out on purpose again and again and again, and what we should do if we were to witness or be victim to hurtful or bullying behaviour. We learnt about respect and what this looks like to ourselves, our friends, our class and our environment.

Making a difference at The Merton

Not all families are the same. Each family is different, unique and special. We explore 'A Handful of Buttons' to learn about family diversity, exploring what types of families there are and what special thing makes them a family? We explore and encourage tolerance towards others and learn to understand our own feelings and sense of well-being.

Alongside our Science learning children will find out how amazing their bodies are, how each part has a particular role are how we need to look after them for maximum physical and mental well-being,. We also learn about respecting our bodies physically and mentally and make links to e-safety and develop an understanding of who our safe adults are and who we share our information and feelings with.

What I will learn...

Mental Health.

- Humans feel: fear, excitement, joy, happiness, anger, sadness (anxiety)
- Feelings provoke a physical reaction in the body (raised heartrate, crying, worrying)
- Another persons behaviours can show us how they are feeling– facial expression, crying, shouting, withdrawing...
- Talking to a familiar adult can help us to express our feelings/ manage difficult feelings.

Families and close family relationships

- A family is the unit of people that live in your house. Families may have two or one parents and they can be men or women.

Safe relationships

- To recognise and respond to inappropriate relationships and how to ask for help.
- To know what personal information is.
- To know not to share personal information online.



Don't share
Personal
Information
Online

Key Vocabulary

Family	A unit of people who care for one another.
Inappropriate	Not suitable.
Personal information	Information that can be used to identify, locate, or contact an individual.
Private	Things that belong just to you.
Feelings	An emotional state or reaction.

Making a difference at home

Are your online devices set up to keep you safe?

Make sure a grown up always knows when you are online and what you are doing.

Make sure you only use programs for your age group– age limits are there to keep you safe!

