



Year 1 - Summer - PSHE Knowledge Organiser

What I already know...

In the Spring Term we learnt all about staying Healthy and Safe. We developed our knowledge of Road Safety, Healthy diets, Medicine safety and the safe and unsafe objects found in our own homes.

We also considered our Dreams and Goals and learnt that these are achieved through a series of steps that might challenge and stretch our learning.

What I will learn...

Mental Health

- Humans feel a range of emotions.
- Feelings provoke a physical reaction in the body
- Another persons behaviours can show us how they are feeling
- 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.

Safe relationships

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

PSHE Skills:

Disciplinary Knowledge: skills I will learn...

- Express how it feels to be part of a family and to care for family members
- Verbalise what being a good friend means
- Demonstrate skills of friendship
- Identify preferred forms of physical contact they prefer
- Say no when they receive a touch they don't like
- Praise themselves and others
- Recognise some of their personal qualities
- Express why they appreciate a special relationship



Don't
share
Personal
Information
Online

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.