



PSHE and RSE Knowledge Organiser

Year 1



Keeping and Staying Safe



Key Vocab
vehicle traffic
risk pedestrian
seatbelt zebra-
crossing
pelican crossing
puffin crossing
toucan crossing

By the end of the 'Road Safety' unit, I should know;

~ the reasons why it is important to stay safe when crossing the road (to avoid causing an accident, harm to self or others)
~ a range of safe places to cross the road (Zebra/pelican/puffin/toucan)
~ rules to keep yourself and others safe
~ the differences between safe and risky choices (running into the road to fetch a lost ball, waiting for traffic to pass, looking for a safe point to cross)
~ different ways to help us stay safe (Sit on a booster seat if needed, wear a seatbelt, do not distract the driver, drivers should not be on their phone when the engine is running etc)

Keeping and Staying Healthy



Key Vocab
healthy unhealthy
germs disease
coughing sneezing
transferred

By the end of the 'Washing Hands' topic, I should know;

~ why we wash our hands (to stop the spread of germs and help us stay well)
~ the ways in which germs spread and how they can affect our health (coughing, sneezing, by touch, touching our faces without washing hands)
~ how to practise washing my hands
1. Turn on tap
2. Wet your hands
3. Put soap on hands
4. Rub hands all over for 20 seconds
5. Rinse well
6. Turn off the tap and dry hands
~ the differences between healthy and unhealthy choices

Relationships



Key Vocab
relationship
friendship different
disagree apologise
resolve kind
unkind

By the end of the 'Friendship' topic, I should know;

~ ways in which I can be a good friend (be caring, kind and include everyone, work at keeping and resolving friendships)
~ how to recognise kind and thoughtful behaviours (share toys and games, don't laugh if someone is hurt/falls over, take turns)
~ why it is important to care about other people's feelings
~ how to see a situation from another person's point of view

Being Responsible



Key Vocab
safe accident
prevent mistake
honesty honest
dishonest
responsible

By the end of the 'Water Spillage' topic, I should know;

~ ways to help people around me
~ the types of things I am responsible for (putting toys away in the box after finished playing with them, putting shoes on the rack so nobody trips over them, making sure plate/glass of drink isn't too close to the edge of the table)
~ ways to prevent accidents and why this is important
~ the differences between being responsible and irresponsible (picking up spilt cereal that you've dropped, leaving your toys out on the stairs)



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Feelings and Emotions  Key Vocab jealous jealousy unhappy attention different improve strengths unique positive <u>By the end of the 'Jealousy' topic, I should know;</u> ~ how to recognise and name emotions and their physical effects (feel hot, tummy ache, restless) ~the difference between pleasant and unpleasant emotions ~ a range of skills for coping with unpleasant/uncomfortable emotions (deep breaths, talk to a trusted adult/friend, listen to music, write a letter, walk away/time out, discuss feelings) ~ That feelings can be communicated with and without words (body language, sharing feelings)	Computer Safety  Key Vocab bullying positive online negative helpful unhelpful kind unkind trusted adult <u>By the end of the 'Online Bullying, I should know;</u> ~ how online activity can affect others (unkind messages) ~ the positive and negative ways you can use technology (learning and research, gaming/fun as opposed to online bullying and unkindness) ~who and how to ask for help (friend, parent/carer, trusted adult, teacher) ~ how to recognise kind and unkind comments (example is uploading a singing video, kind comment- 'This is great, I love your voice', unkind comment- 'why would you upload this? Your voice is awful.')	Our World  Key Vocab safe love family special unique respect care needs celebration <u>By the end of the 'Growing in our World' topic, I should know;</u> ~ the needs of a baby (milk, water and food, somewhere safe to live, sleep, clothes, love) ~ what I can do for myself now that I am older (share, dress myself, write my name, tie my shoelaces, use a knife and work, tidy up after myself) ~ how to describe the common features of family life (share celebrations, have dinner together, help each other, love, respect and care for one another) ~ ways in which family is special and unique	Hazard Watch  Key Vocab hazard safe unsafe dangerous danger warning environments alcohol <u>By the end of the 'Is it safe to eat or drink/is it safe to play with?' topics, I should know;</u> ~ what items are safe to play with and what items are unsafe to play with (kettle, sharp knife, matches, razors) ~ Potential dangers in different environments (a syringe at the park, a garden pond, a toolbox in the garage/shed, a window blind in the bedroom) ~ what food and drink items are safe or unsafe to eat or drink (medicines, cleaning products/bleach, food that accidentally dropped on the floor, alcohol) ~ how to identify dangers that can affect others, for example younger siblings
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