







Key Knowledge
<p>Families- not all families are the same. They can be made up of lots of different types of people, some may be related, some may not. It is ok to feel worried about something happening in your family- reaching out and talking to someone is always the best first step to getting help.</p> <p>Your body- we all have bodies and they are not the same! Each body is wonderfully different and worth celebrating. Making someone feel bad about their body can harm them in more ways than you can see.</p> <p>Some body parts are private and are not to be shared. If someone makes you feel unsafe then you MUST tell someone straight away.</p> <p>Keeping clean – using a range of tools can help to keep your body safe and clean. Do you know how to use: a tooth brush, hair brush, nit comb, face cloth, sponge, nail scissors, towel, sun hat, sun cream, plasters? Find out more about any that you are not sure of any of these resources by asking an adult.</p>

What we have learned...		
Before:	Now:	Next:
To listen and take turns in discussions. Who looks after us and how we are connected to each other.	Names of body parts and how to keep ourselves safe. Basic cleanliness. Who might be in a family.	Private, personal body parts and what to do if you are worried about being unsafe.

Vocabulary		
Words	Image	Meaning
Family		A group of two or more people who are related to each other by blood, adoption, marriage, step, or fostering.
Family member		One particular person from your family. (This could be a mum, dad, aunt, brother, sister, cousin, stepmum, stepdad, grandma, grandad)
Family tree		A family tree is a type of chart representing generations of families and how they are linked throughout the years.
Private		Personal and not to be shared.
Safe		Being protected from any type of risk or danger so that a person or thing is not likely to be harmed.
Unsafe		Actions that that hurt children's bodies or feelings



YEAR 1
AUTUMN 2

Long Meadow School PSHE Knowledge Organiser for:
The core theme: Relationships
The focus of the unit is: Safe relationships and understanding positive relationships

Key Knowledge

Bullying
If someone deliberately hurts you then this can be bullying. At Long Meadow School we help explain this further by saying it is often that they do it time and time again. Bullies do not like to be discovered to be hurting others; they want others to be afraid to tell or get help.

Bullying is not ok
Bullying is never ok and we must all work together to make it stop. Telling an adult if you see someone hurting another is the first step. However sometimes it is hard to tell if someone has been hurt; they may say they are not or the bully may have used words instead of actions.

Being kind and showing respect
This is a way to stop bullying from happening in the first place. If we are all respectful, even when we disagree or are having a problem with someone, then we can set an example to all around us and discourage bullying before it begins.



Progression of learning:		
Before:	Now:	Next:

Vocabulary

Words	Image	Meaning
Our school slogan for preventing bullying		Bullying is when someone repeatedly hurts you. It may be with their words or with their actions. A bully might make you feel like you can't stop them or get help. It is never ok to allow bullying to happen.
Bully		A bully is someone who is not thinking about how their actions affects those they are hurting. A bully might be a child or an adult; there is no way to know what a bully will look like.
Kindness		Kindness is anything we do that makes another person feel good or safe. It can be something small like a smile, or an offer of help.
Respectful behaviour		Showing respect is a basic expectation of the world we live in. This means being kind, polite and taking the time to consider them in our actions.



Key Learning Point: Benefits of the Internet:

The **Internet** can help us in many ways. We can:

- find information;
- video call people far away;
- send messages;
- research information;
- play games.



Using the **Internet** Safely and Responsibly:

It is important that we use the **Internet** safely and responsibly. This means:

- use age-appropriate **websites** and games;
- talk to a trusted adult and agree what **websites** and **apps** can be used;
- keep all **personal information** private;
- don't share images;
- talk to a trusted adult if anything worries or frightens us;
- think carefully about how we react to other people's comments or news;
- show kindness and respect in our **communication online**.

Staying Safe Online

There are lots of things we can do to help us to stay safe on the **Internet**. We can:

- choose age-appropriate **apps** and games with a trusted adult;
- respect age restrictions and make sure we only access **websites** that are appropriate for our age;
- avoid clicking links that appear on-screen;
- tell a trusted adult straight away if someone we don't know tries to talk to us;
- tell a trusted adult if anything **online** makes us uncomfortable and worried;
- treat people **online** with kindness and respect;
- balance our **online** and **offline** activities.

Key Vocabulary

Internet

A system that enables **computers** and other **devices** to send each other information. We can use **devices** to find and share information on the **Internet**, **communicate** with others, watch videos and listen to music.

device

An electronic item which accesses the **Internet**.

television

An electronic **device** we use to watch programmes.

laptop

A portable **computer**.

tablet

A touch sensitive device which can access the **Internet**.

computer

A **device** which can access the **Internet**.

smartwatch




A watch which can access the **Internet**.





smartphone

A mobile phone which can access the **Internet**.

YEAR 1
SPRING 2

Long Meadow School PSHE Knowledge Organiser for:
The core theme: Living in the Wider World
The focus of the unit is: Money, jobs and community

Vocabulary		
Words	Image	Meaning
Rules		Rules and laws are guidelines for how people should behave. They are based on ideas about what is right and wrong.
Help		To aid someone or a situation, to make it better. Rules help us.
Safety		Safety is anything that people do to protect themselves or others from harmful accidents.

Vocabulary		
Words	Image	Meaning
Earn		To get something in return for effort and especially for work done.
Jobs		A job, or occupation, is a person's role in society.
Roles		A role is a part you play. Role can also mean job or function.
Responsibility		Responsibility means being dependable, making good choices, and taking accountability for your actions.

Vocabulary		
Words	Image	Meaning
Litter		A mess of waste materials or other objects scattered about.
Pollution		Pollution happens when the environment is contaminated, or dirtied, by waste, chemicals, and other harmful substances.
Recycling		Recycling means making rubbish into something new.



YEAR 1
SUMMER 1

Long Meadow School PSHE Knowledge Organiser for:
The core theme: Health and Wellbeing
The focus of the unit is: Keeping safe, physical health and mental wellbeing



Key Knowledge

We need to keep safe when playing games and know that videos have age restrictions.



A healthy balanced diet is important to keep our bodies healthy and that eating too much sugar is bad for our health and teeth.



It is important that cleanliness is a part of a healthy lifestyle. Washing ourselves and keeping our surroundings clean helps protect us from bad germs.



There are different ways to keep fit by being active, some activities are more active such as running, whereas sitting down is less active.



Adults that help children stay healthy such as doctors and dentists and nurses.



It is important to keep safe in the sun from the heat and the being sunburnt. You need to protect your skin and keep your body cool.



Helpful website:

<https://www.healthforkids.co.uk/>



Vocabulary

Words	Image	Meaning
Age restrictions		The age at which a person is allowed or not allowed to do something.
Healthy diet		A healthy diet is good for health and the food you eat. It protects you against diseases. Eating a variety of foods and having a balanced diet.
Healthy life style		A healthy lifestyle is a way of living that lowers the risk of being seriously ill or dying early.
cleanliness		Keepings oneself and ones surroundings clean.
Sun safety		Steps you take to protect yourself from the sun and not getting sunburnt.

YEAR 1
SUMMER 2

Long Meadow School PSHE Knowledge Organiser for:
The core theme: Health and Wellbeing
The focus of the unit is: Transitions, SRE, Living in the Wider World



Key Knowledge

To recognise what makes you special and unique by listening to others and talk about likes and dislikes.



To know how to manage and whom to tell when finding things difficult, or when things go wrong.

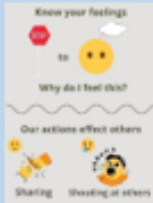


To know how you are the same and different to others.

To know about different kinds of feelings.



To know how to recognise feelings in yourself and others how feelings can affect how people behave.



Helpful website:

<https://www.sesamestreet.org/>



Vocabulary

Words	Image	Meaning
skills		The ability to do something well.
talents/ gifts		A natural skill or ability to do something well.
interests		The feeling of wanting to know or learn about something or someone.
qualities		The things which make a person as a person. What they are like.
confidence		Being sure of yourself and your own ability.
emotional wellbeing		That someone is happy, healthy and safe as well as having good relationships with others.
mental health		It affects how we think feel and act. It includes our emotional, thinking and social well being.