

Year 1 and 2
Autumn 1

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

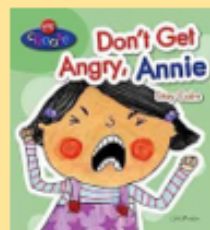
Emotional regulation – We all experience feelings, from anger, frustration and excitement and all those feelings in between! It is important we know how to manage our feelings and to act when we recognise that our emotions are overwhelming us.

We all have similarities - Every person has a body and their own thoughts feelings and ideas.

We are all different – What we look like, think and feel can be different to each other. Differences are what makes us unique and that is worth our respect.

Knowing how to be a good friend and what a good friend looks like – We can all make mistakes and sometimes our actions affect others. Knowing how to resolve an argument and understanding what to do if someone is upsetting you is important. Adults in school are here to help. Talk to someone you trust if anyone is hurting you in **any** way.

Books to read



Progression of learning:

Before:

Now:

Next:

Vocabulary

| Words | Image | Meaning |
|----------------------|-------|---|
| Rules | | Rules are a set of instructions and consequences that are established to help individuals, and whole communities, live and work together harmoniously. |
| Expectations | | Like rules, expectations help you and everyone understand what actions and behaviours are ok, and what are not. This might look like writing the date in your book, trying your best or asking before calling out in class. |
| Emotional regulation | | Your ability to manage your emotions in line with what the current expectations are for the environment you are in. For example, if you are in a class you are expected to try your best and focus on your work. |
| Similarities | | When comparing two (or more) things or people, finding that they share the same things. |
| Differences | | When comparing two (or more) things or people, finding that they have things that separate them. |

Year 1 and 2

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

There are good secrets and bad secrets:

Good secrets These are ALWAYS temporary. (E.g. Dad buys Mum some flowers and says "Don't tell Mum! It's our secret. I want her to be surprised when she walks into the kitchen and sees them!" When she walks into the kitchen and sees them, the secret is revealed.)

Bad Secrets Any secret that you are expected to keep for a long time or forever. Nearly all bad secrets keep something hidden that is bad. (E.g. A boy keeps pushing your sister on the bus. He says never to tell anyone or else he will really hurt her.)

Golden Rule: Never keep a secret that could be harmful to yourself or others.

Bullying: We can stop bullying as quickly as it starts. We need to say no to bullying, and to act to help others who might be getting bullied. Bullying can happen anywhere so we must always remember our slogan.

Useful sites



What is bullying?

<https://www.bbc.co.uk/bitesize/topics/zhfdjsg/articles/zj9h6>

Topsy and Tim help a friend:





<https://www.youtube.com/watch?v=hhH9NCtaZt8>



What we have learned...

| Before: | Now: | Next: |
|---------|------|-------|
| | | |

Vocabulary

| Words | Image | Meaning |
|--|---|---|
| Once is unkindness, twice is bullying. | Once is unkindness, twice is bullying | If someone is unkind to you once, that is wrong but not necessarily bullying. If someone continues to be unkind, hurtful or harmful, this might be bullying. Talk to an adult to get help if you ever suspect bullying. |
| Good secrets |  | A secret is a good secret if it is temporary and often is a pleasant surprise. |
| Bad secrets |  | A bad secret is something that can hurt or harm someone. |
| Hurtful |  | If you say that someone's comments or actions are hurtful, you mean that they are unkind and upsetting. |
| Harmful |  | If something is harmful it is likely to be full of harm. They are actions or words that can cause damage or are dangerous. |

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**.

laptop

A portable **computer**.

tablet

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

smartwatch

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

smartphone

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

account

Personalised access to a **website** or **app** which you need a login name and password to use.

communicate




Talking to others and expressing ourselves.




online




Activities we do when we use the **Internet**.

website

Information on the **Internet** from an organisation or group.

| Vocabulary | | |
|------------------|--|--|
| Words | Image | Meaning |
| Responsibilities |  | Responsibility means being dependable, making good choices, and taking accountability for your actions. You may have more than one responsibility. |
| Rights |  | Expectations and freedoms that belong to every person in the world. |
| Belonging |  | Belonging is about having a secure relationship with or a connection with a particular group of people. |

| Vocabulary | | |
|--------------------|--|---|
| Words | Image | Meaning |
| Currency |  | Currency is the official money of a country. It consists of paper money and coins. Each country has its own form of currency. |
| Transaction |  | A transaction is an exchange of money for something or a service. |
| Electronic payment |  | This is a way to send and receive money online. |

| Vocabulary | | |
|------------|---|---|
| Words | Image | Meaning |
| Finances |  | Thinking about money, including how to control, manage and keep money. |
| Value |  | When something is of good value, it means you get a good service or product that you are happy to spend money on. |
| Saving |  | Saving is when you take a portion of your earnings, and instead of spending it now, you park it away to use later. It could also be your allowance, or chore money. |

Year 1 and 2

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

There are risks in our everyday environments and I need to know how to keep safe.



To recognise dangers and unsafe situations, such as water danger, road safety and safety with medicines.



To know what to do if someone gets hurt, for example phone 999 and say what they might need.



To name aspects of a healthy lifestyle such as good sleep, balanced diet, exercise and medicines such as vaccinations, antihistamines etc.



To know about good dental health, eating the right things and taking good care of your teeth.



To know what affects your mood and how to manage the feeling.








Helpful website:

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

<https://www.childline.org.uk/>



Vocabulary

| Words | Image | Meaning |
|-----------|---|---|
| Health |  | To be healthy means not to be sick. Your health is when your body, mind and getting on with others is complete. |
| Safety |  | How to be protected from or what is unlikely to cause danger, risk or injury. |
| Medicines |  | The practices and procedures used to prevent, treat or help with the symptoms of diseases. |
| Mood |  | The emotional state of mind or feeling |
| Feelings |  | Feelings are something we feel from within and inside ourselves. |

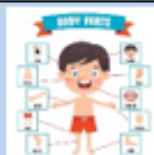
Year 1 and 2
Summer 2

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 know and name body parts.



To explain what private and personal parts are and how they are identified.



To understand the human life cycle and compare it to other like cycles.

To talk about how people, change as they grow up.



To set goals for next year in school.

To reflect on what being in Year 3 might be like and identify changes.

Helpful website:

<https://k8schoollessons.com/human-life-cycle/>



Vocabulary

| Words | Image | Meaning |
|----------|------------|---|
| growing | Growing Up | Growing is to increase in size. |
| changing | Changing | To become different. |
| aging | Aging | All living things go through the process of growing older. |
| body | Body Parts | The physical structure, including the bones, flesh, and organs. |
| private | Private | Belonging to one particular person. |
| safe | Safe | Protected from or not exposed to danger or risk. |