	PSHE Knowledge Organiser		
	Autumn	Year 1	Strands covered: RSHE
			<b>Relationships/Health and Wellbeing</b>

## What Prior Knowledge should students have?

- PSED Manage their own needs
- PSED- Building constructive and respectful relationships
- PSED Express their feelings and consider the feelings of others
- PSED Think about the perspective of others

Key Vocabulary	Definition	
awareness	To have an understanding of something	
feelings	This is how we react to something we see, hear , remember or do	
Self-regulate	To control something	
goals	Something that you want to achieve	
Emotions	Feelings are called emotions	
Trusted adult	Someone that you have a good relationship with and has your best interest in mind	

## What Skills will students learn (Disciplinary Knowledge)

- Tell you some ways that I am different and similar to other people in my class, and why this makes us all special
- Explain what bullying is and how being bullied might make somebody feel
- Explain why I have special relationships help me feel safe and good about myself
- I know that my body parts are private

## What key knowledge will be taught (Substantive Knowledge)

- Belonging to a family
- Making friends/being a good friend
- Understanding bullying and knowing how to deal with it
- Name key private body parts
- Identify trusted adults

## **Useful books**



