

# Knowledge Organiser



## Year 1 - Me and My Relationships

### Key questions

#### Feelings

Do we have the same feelings?

Why do we have different feelings?

How do we show our feelings?

What can we do when we have 'not so good' feelings?

What are safe and healthy ways to get angry energy out?

How can we help our feelings come out?

#### Getting Help

When do you need to ask for help?

Who can help you if you need help?

#### Classroom Rules

Who are classroom rules for?

Why do we need classroom rules?

What would school be like if we didn't have classroom rules?

Are classroom rules for the children or the teachers?

What can help children to keep the classroom rules?

### Key vocabulary

friends

help

rules

family

hurt

safe

feelings

listen

### I can ...

I can name a variety of different feelings and explain how these might make me behave.

I can think of some different ways of dealing with 'not so good' feelings.

I know when I need help and who to go to for help.

I can tell you some different classroom rules.

# Knowledge Organiser



## Year 1 - Valuing Difference

### Key questions

#### Recognising, Valuing and Celebrating Difference

How are people different?

How are people similar?

What is good about people being different?

#### Developing Tolerance

What is fair?

What is unfair?

Do things sometimes seem unfair, even though they are not?

Why do some people see something as unfair and other people see it as fair?

### Key vocabulary

respect feelings different

safe bully fair

rules special people

tease similar same kind

### I can ...

I can say ways in which people are similar as well as different.

I can say why things sometimes seem unfair, even if they are not.

# Knowledge Organiser



## Year 1 - Keeping Safe

### Key questions

#### How Our Feelings Can Keep Us Safe

How many different feelings can people have?

Do different feelings make your body feel different?

What can you do if you have 'not so good' feelings?

How can you help if someone else has 'not so good' feelings?

#### Keeping Healthy

What do people need to keep healthy?

How do you keep yourself healthy?

Why do we need different things to be healthy?

#### Medicine Safety

How do medicines help?

Are medicines always helpful?

Where do medicines need to be kept? Why?

### Key vocabulary

air sleep exercise stop  
unsafe share nervous internet  
medicine uncomfortable  
body feelings food  
water safe healthy  
private worried scared

### I can ...

I can say what I can do if I have strong, but not so good feelings, to help me stay safe (e.g. sad - talk to someone).

I can give examples of how I keep myself healthy.

I can say when medicines might be harmful (e.g. overdose, if not needed, another person's medicine, etc.)

# Knowledge Organiser



## Year 1 - Rights and Respect

### Key questions

#### Looking After Things

What needs to be looked after?

What do you look after?

Is there anything else you can look after?

Why does the environment need to be looked after?

Do we need to look after money?  
Why?

How can you look after yourself?

How do you feel when you have looked after someone or something?

### Key vocabulary

clean environment routine  
first aid spending litter  
risk responsibility danger  
safe help money  
saving environment  
look after responsible

### I can ...

I can give some examples of how I look after myself and my environment - at school or at home.

I can also say some ways that we look after money.

# Knowledge Organiser



## Year 1 - Being My Best

### Key questions

#### **Growth Mindset**

What can you do if you find something difficult?

Do you need just one idea to help, if you find something difficult?

How have your ideas helped you?

#### **Keeping Healthy**

Which foods are healthy and why?

Why do we need to eat different foods?

What jobs do different foods have in the body?

### Key vocabulary

starchy dairy protein  
sugar practise fruit difficult  
learning make mistakes  
hygeine cereal bread spread  
try water energy help  
healthy support vitamins  
vegetables germs

### I can ...

I can name a few different ideas of what I can do if I find something difficult.

I can say why certain foods are healthy and why it's important to eat at least five portions of vegetables/fruit a day.

# Knowledge Organiser



## Year 1 - Growing and Changing

### Key questions

#### Getting Help

What is a trusted adult?

Which adults at home can you ask for help?

Which adults at school can you ask for help?

#### Becoming Independent

What can you do now, that you couldn't do as a baby?

What can you do now, that you couldn't do as a toddler?

What can you do now, that you couldn't do last year in Reception?

What are you still learning to do?

#### Body Parts

Which body parts are on the inside?

Which body parts are on the outside?

How do different body parts work?

Are girls' and boys' bodies the same?

Which parts are different?

### Key vocabulary

adult heart

brain stomach

trusted growing

lungs vulva

penis learning

### I can ...

I can identify an adult I can talk to at both home and school. If I need help.

I can tell you some things I can do now that I couldn't do when I was a toddler.

I can tell you what some of my body parts do.