



Coleman Primary School

Knowledge Organiser – PSHE

Year 1; Autumn 1

Myself and My Relationships; Beginnings and Belongings

In this unit, through discussions, children will make rules to ensure the classroom is a safe and happy place to learn in. They will also learn who their trusted adults are and how to ask for help if they are in a difficult situation.

Key Vocabulary (BV – British Values)

Safe	Free from the risk of harm
Happy	Feeling joy or pleasure; being glad or content.
Kindness	the quality of being friendly, generous, and considerate
Rules	A law or direction that guides behavior or action (BV; Rule of law).
Relationship	A connection between people
Positive relationship	Help each other, work as a team and enjoy each other's company in a safe and secure relationship.
Communicate	Sharing ideas freely/clearly with others whilst respecting other people's ideas (BV: Tolerance and respect)
Tolerance	Willingness to accept people whose race, religion, opinions, or habits are different from one's own (BV)
Respect	Being considerate towards other people's ideas & beliefs. Considering the views of others (BV)
Feelings	An emotion
Emotions	A strong feeling such as joy, hatred, worry, or fear.
Empathy	The ability to understand and share the feelings of another

Coleman Primary School Rules

To protect everybody's RIGHTS and to encourage RESPONSIBILITY we have five key rules, which are as follows:

1. FOLLOW INSTRUCTIONS
2. BEHAVE IN A WAY THAT DOESN'T DISTURB OTHERS
3. KEEP HANDS, FEET AND OBJECTS TO OURSELVES
4. BE POLITE (NO SWEARING, TEASING OR BULLYING)
5. LOOK AFTER OURSELVES, EACH OTHER AND OUR SCHOOL.



PSHE Skills learnt prior to this unit;

(EYFS):

My family and friends (Including anti-bullying):

- Kind and unkind behaviour
- Bullying
- Conflict resolution
- Asking for help and telling
- Being assertive
- Feelings, thoughts and behaviour
- Supporting others
- Identifying and managing emotions
- Safety circle
- Empathy



PSHE Skills learnt in this unit; (Year 1):

Beginnings and Belongings:

- Class and school rules
- Decision making
- Collaborating/ discussing
- Belonging
- Responsibility
- Respect and making friendships
- Managing feelings
- Self-awareness
- Asking for help
- Network of support (trusted adults)