

Knowledge Organiser



Year 1, Summer : Relationships
 PSHE Strand: Health Education
 Whole School Topic: Why is the Earth so Angry?

Key Vocabulary

Clean	Free from dirt, marks or stains
hygiene	Habits that maintain health and prevent disease
healthy	In good health and free from disease
germs	very small organisms that can cause disease
disease	An illness or infection that can make people feel sick
secret	Something that is kept unknown or unseen from others
growth	The process of increasing in size

What will I know about relationships by the end of this topic?

- How to keep myself safe and the PANTS rule
- How we grow and change since birth
- How to keep myself clean
- Understand what 'bad' secrets are



As we grow from babies, we are able to do more activities that we could do before. For example, as a new-born baby, we were not yet able to walk and talk. When we grow, our bodies change and we become stronger and learn new things.



A good secret is a **nice surprise**. It is something that would make a person happy. Good secrets are only kept a secret for a little while, like a surprise birthday party or present

A bad secret is about **something that should not be happening**. Someone may tell you to keep it, but never keep a secret that makes you feel worried, scared or makes you feel bad.



P RIVATES ARE PRIVATE
A LWAYS REMEMBER YOUR BODY BELONGS TO YOU
N O MEANS NO
T ALK ABOUT SECRETS THAT UPSET YOU
S PEAK UP, SOMEONE CAN HELP



It is important to keep ourselves clean. We can do this by washing our bodies, brushing our teeth, washing our hair and wearing clean clothing.

We must also wash our hands regularly, especially after using the toilet and before we eat.

This ensures that our bodies do not have any germs on them so we can be healthy.