



St Andrew's C of E Maghull
 PSHE Knowledge Organiser
 Year 1 – Autumn 1 – Me and My Relationships



Knowledge:

Understand that classroom rules are there for us to be safe and be able to learn.
 Explain our classroom rules and be able to contribute to making these.
 Demonstrate attentive listening skills.
 Suggest simple strategies for resolving conflict situations.
 Give and receive positive feedback and experience how this makes them feel.
 Recognise how others might be feeling by reading body language and facial expressions.
 Understand and explain how our emotions can give a physical reaction in our body.
 Identify a range of feelings.
 Identify how feelings might make us behave.
 Suggest strategies for someone experiencing 'not so good' feelings to manage these.
 Recognise that people's bodies and feelings can be hurt.
 Suggest ways of dealing with different kinds of hurt.
 Identify simple qualities of friendship.
 Suggest simple strategies for making up

Vocabulary

Rules – things we must follow to keep safe
 Body language – communicating using our body
 Hurt – causing pain or injury
 Feelings – an emotional state
 Qualities – a feature that makes a person or thing what it is
 Listening – give someone your full attention
 Resolve – decide how to solve something
 Conflict – a disagreement with someone
 Friendship - a relationship between people who like and enjoy spending time with each other.

Lesson Sequence:

Lesson 1: I know that classroom rules help us stay safe and learn.

Lesson 2: I can demonstrate good listening skills and I know how to resolve conflict.

Lesson 3: I know how others might be feeling by reading body language and faces. I understand how emotions can give a physical reaction in our body.

Lesson 4: I can identify feelings and know how they make us behave.

Lesson 5: I know that people's bodies and feelings can be hurt. I can suggest ways of dealing with hurt.

Lesson 6: I know qualities of a friendship and how to make up.

