



St Andrew's C of E Maghull
 PSHE Knowledge Organiser
 Year 1 – Spring 1 – Keeping Myself Safe



Knowledge:

Recognise the importance of sleep in maintaining a healthy, balanced lifestyle.
 Identify simple bedtime routines that promote healthy sleep.
 Recognise the range of feelings that are associated with loss.
 Understand that medicines can sometimes make people feel better when they're ill.
 Explain simple issues of safety and responsibility about medicines and their use.
 Know how to be safe online and who to get help from if needed.
 Understand and learn the PANTS rule.
 Name and know which parts should be private.
 Explain the difference between appropriate and inappropriate touch.
 Understand that they have the right to say no to unwanted touch.
 Start thinking about who they can trust and who they can ask for help.
 Recognise emotions and physical feelings associated with feeling unsafe.
 Identify people who can help them when they feel unsafe.

Vocabulary

Healthy balanced lifestyle – includes eating well, exercising regularly and getting enough sleep.
 Unsafe – Not safe/dangerous
 Unwanted – Not wanted
 Medicines – Something used to prevent or help treat a disease or illness
 Appropriate – Suitable or right
 Inappropriate – Not suitable or not right
 PANTS –
 P: Privates are private.
 A: Always remember your body belongs to you.
 N: No means no.
 T: Talk about secrets that upset you.
 S: Speak up, someone can help.

Lesson Sequence:

Lesson 1: I know how important sleep is and I can think about a good bedtime routine.
 Lesson 2: I can recognise emotions and feelings that link to being 'unsafe' and know who can help me when I don't feel safe.
 Lesson 3: I know the PANTS rules. I can name and know which parts should be private. I know the difference between appropriate and inappropriate touch and understand that I have the right to say "no" to unwanted touch. I have started thinking about who I can trust and who I can ask for help.
 Lesson 4: I know how to be safe online and who to get help from if needed.
 Lesson 5: I know that medicines help people feel better and I know how to use them safely.
 Lesson 6: I can recognise the feelings linked to loss.

