

Bomere and the XI Towns Federation Knowledge Organiser—PSHE

Topic: **Health & Wellbeing & RSE**

Class/Year Groups: **Rabbits Year 1 & 2**

Term: **Summer Term 2023**

What you already know?

Managing Self:

Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.

Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Explain the reasons for rules, know right from wrong and try to behave accordingly.

What you will learn:

Physical health and Mental wellbeing :

Year 1 — Keeping healthy; food and exercise; hygiene routines; sun safety

Year 2— Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help

Growing and changing :

Year 1—Recognising what makes them unique and special; feelings; managing when things go wrong

Year 2—Growing older; naming body parts; moving class or year

Keeping safe :

Year 1—How rules and age restrictions help us; keeping safe online

Year 2 —Safety in different environments; risk and safety at home; emergencies

RSE: Care and Commitment – The Importance of Hygiene ; RSE – C&C Body Outline, Changes – Amazing me, Same but Different, Animals and their Babies

Vocabulary

Physical health and Mental wellbeing :

Y1—Healthy, hygiene, care, unhealthy, balance, safe,

Y2—Routines, mental health, growing, changing, teeth, dentist, feelings, bereavement

Growing and changing :

Y1—Unique, special, same, different, feelings, recognise

Y2—life cycle, human, bodies, body part names, responsibilities, goals, changes

Keeping safe :

Y1—Safe, restrictions, online, trust, feelings

Y2—Medicines, safety, unsafe, danger, accident, emergency



National Curriculum Statutory Objectives covered (although our curriculum is guided by the PSHE Association Programme of Study which provides a comprehensive programme that integrates, but is not limited to, this statutory content):

KS1 Learning opportunities in Health and Wellbeing

Pupils learn...

- > about what keeping healthy means; different ways to keep healthy
- > about foods that support good health and the risks of eating too much sugar
- > about how physical activity helps us to stay healthy; and ways to be physically active everyday
- > about why sleep is important and different ways to rest and relax
- > simple hygiene routines that can stop germs from spreading
- > that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy
- > about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health
- > how to keep safe in the sun and protect skin from sun damage
- > about different ways to learn and play; recognising the importance of knowing when to take a break from time online or TV
- > about the people who help us to stay physically healthy

KS1 Learning opportunities in Ourselves, Growing and Changing

Pupils learn...

- > to recognise what makes them special
- > to recognise the ways in which we are all unique
- > to identify what they are good at, what they like and dislike

KS1 Learning opportunities in Mental Health

Pupils learn...

- > about different feelings that humans can experience
- > how to recognise and name different feelings
- > how feelings can affect people's bodies and how they behave
- > how to recognise what others might be feeling
- > to recognise that not everyone feels the same at the same time, or feels the same about the same things
- > about ways of sharing feelings; a range of words to describe feelings
- > about things that help people feel good (e.g. playing outside, doing things they enjoy, spending time with family, getting enough sleep)
- > different things they can do to manage big feelings, to help calm themselves down and/or change their mood when they don't feel good
- > to recognise when they need help with feelings; that it is important to ask for help with feelings; and how to ask for it
- > about change and loss (including death); to identify feelings associated with this; to recog-

> to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)

> about growing and changing from young to old and how people's needs change

