



Knowledge Organiser

Year: 1

Subject: RSHE

Unit: Relationships

Overview:

During this sequence of learning, pupils will be encouraged to consider how their actions can make other people feel and also why it's important to respect the personal boundaries of others. Pupils will be encouraged to consider how people who are being bullied may be feeling and the important of respect within friendship groups. Pupils will build resilience in relation to what they can do if they are finding it difficult to make friends and also empathy towards other children who may find making friends tricky.

What should I already know?

- A good friend listens, shares, and uses kind words.
- Being respectful means treating others the way I want to be treated.
- I can show respect by taking turns, using polite language, and caring about people's feelings.
- I can make others happy by being kind and including them in games.
- Smiling, sharing, and saying nice things help people feel good.
- Playing nicely means taking turns and following the rules of the game.
- Adults at school keep me safe and help me learn new things.

What will I know by the end of the unit?

- Safe hands mean using gentle hands and keeping my hands to myself.
- My actions can make people feel happy, sad, scared, or safe.
- Everyone has personal space, and I should respect it by not touching or standing too close without permission.
- Bullying is when someone keeps being unkind on purpose.
- People who are being bullied may feel sad, scared, or lonely.
- Unkind or unfair behaviour can hurt people's feelings.
- I can be an ally by standing up for others, including people who are left out, and telling an adult if someone needs help.
- If I find it hard to make friends, I can ask an adult for help or try joining in with a game.
- Unkind words can make people feel sad or worried.
- I can choose to use kind, gentle, and respectful words to help others feel good.
- Good friendships make me feel happy, safe, and cared for.
- Sometimes friends might argue or disagree, and that's normal.

Vocabulary:

safe	Being free from danger or harm.
unsafe	Not safe, dangerous or likely to get hurt.
empathy	To understand and share feelings of another person.
respect	To think about the feelings of others.
bullying	A repeated unwanted behaviour.
feelings	An emotional state or reaction.
worried	An anxious feeling.
ally	People working together.
unfair	Behaving in a way that isn't right or equal.
unkind	Not being nice, friendly or helpful.
friendship	A special connection with someone that you like to play and share with.
resilience	To not give up easily.
nickname	An informal name for someone.

