

# Glenfield Infant School Knowledge Organiser



Year 1 - Summer 2

RSHE

Growing and changing

## What should I already know?

I can identify an adult I can talk to at both home and school. If I need help. I can tell you some things I can do now that I couldn't do when I was a toddler. I can tell you what some of my body parts do.

## Vocabulary:

adult	A fully grown person who has reached maturity.
heart	The organ that pumps blood through the body.
trusted	Believed to be reliable, honest, or dependable.
stomach	The organ that digests food after it is swallowed.
growing	Increasing in size, development, or maturity
learning	The process of gaining knowledge or skills.
lungs	The organs used for breathing and exchanging oxygen and carbon dioxide.

### 1. Healthy me!

Can you think of anything we can do to help us get a good nights sleep?

What helps you relax and unwind at bedtime?



**Sticky Knowledge** The body gets energy from food, water and air. Exercise and sleep are important part of a healthy lifestyle. The screen can sometimes make us feel more tired and not as healthy, so reduce its use.

### 2. Then and now

What changes have happened since you were a baby?

How do you look different now to then?

What are the things you are still learning to do?

What are the things you can do now that you couldn't then?

Draw a picture of you as a baby, as a toddler and now to explore how you've changed over time!

We have come so far from when you were now and lots of people helped.



### 3. Taking care of a baby

Babies need help to ...



Babies like to...

Part of meeting the needs of a baby include; eye contact, cuddling, washing, changing and feeding.



### 4. Who can help? (2)

Which school rules help someone if they are being bullied (online or offline)?

Who can someone talk to at school or at home if they are being bullied?

If you need help ... find a good time, when a good time to catch them might be, find another safe person / safe adult.

**Sticky Knowledge** Keep in mind the things we can do to help if we see someone is upset, act on it and be there for them as you can.

### 5. Suprises and secrets

Harold has a secret....

Why did Harold feel unwell at the end? should Harold keep this secret?

Who should he talk to about it?

Why do you think he might be worried?

You can tell safe people about any 'secret' you have been told to keep yourself safe.



### 6. Keeping privates private

Why do we use the words ... 'private parts'.

Whats in our pants belongs to only us Make sure you keep it private and only show safe people or doctors.

**Sticky Knowledge** We can speak to safe family or doctors. .

