



# Hanslope Primary School

## PSHE Knowledge Organiser – Year 1

### Spring 1: Safety and the changing body.

#### How does this link to my previous learning?

In EYFS, children focused on:

- Understand the importance of rules and why we should follow them.
- Learn how to show resilience and perseverance when faced with challenges.
- How to communicate effectively.

#### What key vocabulary will I learn:

*emergency*

*When someone is badly hurt or very ill or there is danger and urgent help is needed.*

*medicine*

*Something you take into your body to make you better if you are ill.*

#### National Curriculum Links:

In Year 1, Children will be learning how to respond to adults in different situations; distinguishing appropriate and inappropriate physical contact; understanding what to do if lost and how to call the emergency services; identifying: hazards in the home and people in the community who keep us safe

#### How does this link to my future learning?

In Year 2 children will learn to:

Develop their understanding of safety: roads, medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.

#### What will I know by the end of this unit:

- Understand how the internet can be used to help us.
- How to remain safe online and what to do if something online makes them feel uncomfortable.
- Understand what a secret is and what a surprise is.
- Know the name of parts of the body, including those of the private parts for their gender.



## Hanslope Primary School PSHE Knowledge Organiser – Year 2

### Spring 1: Safety and the changing body.

#### How does this link to my previous learning?

In Year 1, children focused on:

- Understanding how the internet can be used to help us.
- How to remain safe online and what to do if something online makes them feel uncomfortable.
- Understanding what a secret is and what a surprise is.
- Know the name of parts of the body, including those of the private parts for their gender.

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#### What key vocabulary will I learn:

private	Something that is personal to us that we do not want to share with everybody.
secret	Something which nobody is meant to see or know about.
surprise	Something nice that people might not know about straight away.

#### National Curriculum Links:

In Year 2 children will learn to:

Develop their understanding of safety: roads, medicines and an introduction to online safety; distinguishing secrets from surprises; naming body parts and looking at the concept of privacy.

#### How does this link to my future learning?

In Year 3, children will learn about:

Cyberbullying and how to be good digital citizens; first aid, bites and stings and how to be safe near roads. Pupils also think about choices and influence.

#### What will I know by the end of this unit:

- Understand how the internet can be used to help us.
- Understand how to remain safe online and what to do if something online makes them feel uncomfortable.
- Understand what a secret is and what a surprise is.
- Know the name of parts of the body, including those of the private parts for their gender.
- Explain the PANTS rule.
- Understand how to keep safe near roads.
- Explain the rules for crossing the road.



# Hanslope Primary School

## PSHE Knowledge Organiser – Year 3

### Spring 1: Safety and the changing body.

#### How does this link to my previous learning?

In Year 2, children focused on:

- Develop their understanding of safety on the roads.
- An introduction to online safety
- Distinguishing secrets from surprises
- Naming body parts and looking at the concept of privacy.

#### National Curriculum Links:

In Year 3 children will learn about:

Cyberbullying and how to be good digital citizens; first aid, bites and stings and how to be safe near roads. Pupils also think about choices and influence.

#### How does this link to my future learning?

In Year 4, children will learn about:

Building awareness of online safety and the benefits and risks of sharing information online; identifying the difference between private and public; age restrictions; exploring the physical and emotional changes in puberty; the risks associated with tobacco; knowing how to help someone with asthma.

#### What key vocabulary will I learn:

Allergic	Having a reaction to something, e.g. food or a substance.
Anaphylaxis	A severe allergic reaction to something.
Bullying	To cause repeated physical or emotional pain to somebody.
Casualty	Someone who has been injured.

#### What will I know by the end of this unit:

- Show an understanding that they must consider their own safety before helping others in an emergency situation.
- Understand how to help someone who has been bitten or stung.
- Write an email with instructions written using positive language.
- Create a decision tree showing how to deal with unkind online behaviour and cyberbullying.
- Send an email that describes some of the best ways to avoid being tricked by fake emails.
- Understand when we should take medicines that can help us feel better when we are unwell.



# Hanslope Primary School

## PSHE Knowledge Organiser – Year 4


### Spring 1: Safety and the changing body.

#### How does this link to my previous learning?

In Year 3, children focused on:

- Show an understanding that they must consider their own safety before helping others in an emergency situation.
- Understand how to help someone who has been bitten or stung.
- Write an email with instructions written using positive language.
- Create a decision tree showing how to deal with unkind online behaviour and cyberbullying.
- Send an email that describes some of the best ways to avoid being tricked by fake emails.
- Understand when we should take medicines that can help us feel better when we are unwell.

#### What key vocabulary will I learn:

Age restriction	Something that is restricted from access until a user turns a particular age.
Asthma	<p>A common lung condition that causes breathing problems.</p> <p>If someone is having an asthma attack, keep them calm and help them to use their inhaler.</p> 
Law	Rules enforced by the government that define what we can and cannot do.
Tobacco	A plant grown for its leaves which contains a highly addictive drug called 'nicotine'.
Breasts	Enlarged soft parts of a female's chest which produce milk for a baby.
Genitals	The external sex organs. This word is used for both males and females.
Hygiene	Keeping clean.
Penis	The male external sex organ.
Puberty	The physical and emotional changes a child goes through to become an adult.
Testicles/testes	Produce sperm and male sex hormones.

#### National Curriculum Links:

In Year 4 children will learn about:

Building awareness of online safety and the benefits and risks of sharing information online; identifying the difference between private and public; age restrictions; exploring the physical and emotional changes in puberty; the risks associated with tobacco; knowing how to help someone with asthma.

#### How does this link to my future learning?

In Year 5, children will learn about:

Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.

#### What will I know by the end of this unit:

- Understand the reasons for legal age restrictions.
- Understand how quickly information can spread on the internet and some of the risks associated with that.
- Assess and give first aid to a casualty who is having difficulty breathing due to an asthma attack.
- Understand the difference between private and public, and secrets and surprises.
- Understand how search engines work and whether information is useful.
- Understand the changes they have already gone through and aware of some changes to come.
- Understand that they will change physically as they develop into adults.
- Understand some of the risks of smoking and some of the benefits of being a non-smoker.



# Hanslope Primary School

## PSHE Knowledge Organiser – Year 5

### Spring 1: Safety and the changing body.

#### How does this link to my previous learning?

In Year 4, children focused on:

- Understand the reasons for legal age restrictions.
- Understand how quickly information can spread on the internet and some of the risks associated with that.
- Assess and give first aid to a casualty who is having difficulty breathing due to an asthma attack.
- Understand the difference between private and public, and secrets and surprises.
- Understand how search engines work and whether information is useful.
- Understand the changes they have already gone through and aware of some changes to come.
- Understand that they will change physically as they develop into adults.
- Understand some of the risks of smoking and some of the benefits of being a non-smoker.

#### What key vocabulary will I learn:

Erection	When a male's penis becomes hard and upright.
Ejaculation	When the penis becomes erect and sperm come out of the body.
Penis	The male external sex organ.
Scrotum	The pouch which hangs behind the male's penis and contain the testes.
Sperm duct	The tube sperm travels through.
Testicles / testes	Produce sperm and male sex hormones.
Wet dreams	Ejaculation which happens when a boy is asleep.

Breasts	Enlarged soft parts of a female's chest which produce milk for a baby.
Menstruation / period	The shedding of the womb/uterus lining each month which causes bleeding.
Ovary / ovaries	On each side of the womb and release eggs each month.
Vagina	The tube inside a female which connects the womb to the outside.
Fallopian tube	The tube which connects the ovaries to the womb/uterus.
Labia	The folds of skin on the external female genitals (vulva).
Nipples	On the chest of males and the breasts of females. In females, a baby can suck milk from the nipple.
Uterus / womb	The place in a female where a baby grows during pregnancy.
Vulva	The external female sex organs.

#### National Curriculum Links:

In Year 5 children will learn about:

Exploring the emotional and physical changes of puberty, including menstruation; learning about online safety, influence, strategies to overcome potential dangers and how to administer first aid to someone who is bleeding.

#### How does this link to my future learning?

In Year 6, children will learn about:

The reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.

#### What will I know by the end of this unit:

- Understand what is safe to share online and what to do before sending a message.
- Identify possible dangers online, suggesting ways to stay safe, using the web to research relevant information.
- Accurately name all the relevant parts of the body.
- Understand the changes their own gender will go through during puberty.
- List the range of changes they will go through during puberty.
- Assess a casualty's condition; calmly, comfort and reassure a casualty who is bleeding; and seek medical help if required.
- Understand that other people can influence our decisions but we have the right to make our own choices.



# Hanslope Primary School

## PSHE Knowledge Organiser – Year 6

### Spring 1: Safety and the changing body.

#### How does this link to my previous learning?

In Year 5, children focused on:

- Understand what is safe to share online and what to do before sending a message.
- Identify possible dangers online, suggesting ways to stay safe, using the web to research relevant information.
- Accurately name all the relevant parts of the body.
- Understand the changes their own gender will go through during puberty.
- List the range of changes they will go through during puberty.
- Assess a casualty's condition; calmly, comfort and reassure a casualty who is bleeding; and seek medical help if required.
- Understand that other people can influence our decisions but we have the right to make our own choices.

#### National Curriculum Links:

In Year 6 children will learn about:

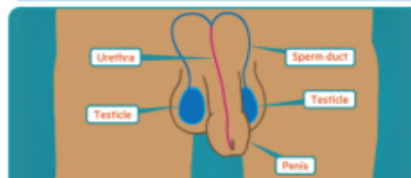
The reliability of online information, the changes experienced during puberty, how a baby is conceived and develops, the risks associated with alcohol and how to administer first aid to someone who is choking or unresponsive.

#### How does this link to my future learning?

Pupils will begin to understand and manage the physical and emotional changes that may happen during puberty.

#### What key vocabulary will I learn:

Alcohol	A drink that can cause people to become drunk which can make people lose control of their behaviour.
Cyberbullying	Bullying that occurs through the internet.
Internet trolling	Posting rude, inappropriate or unkind things online with the intent of upsetting others.



Ejaculation	When the penis becomes erect and sperm come out of the body.
Erection	When a male's penis becomes hard and upright.
Penis	The male external sex organ.
Scrotum	The pouch which hangs behind the male's penis and contain the testes.
Sexual intercourse	Where a male inserts his penis into the female's vagina.
Sperm	The male sex cell made in the testicles.
Sperm duct	The tube sperm travels through.
Testicles / testes	Produce sperm and male sex hormones.
Wet dreams	Ejaculation which happens when a boy is asleep.



Conception	Another word for fertilization.
Egg / ova	Produced by females in the ovary.
Fallopian tube	The tube which connects the ovaries to the womb/uterus.
Fertilization	When a male sperm joins a female egg and a baby starts to grow.
Labia	The folds of skin on the external female genitals (vulva).
Menstruation / period	The shedding of the womb/uterus lining each month which causes bleeding.
Nipples	On the chest of males and the breasts of females. In females, a baby can suck milk from the nipple.
Ovary / ovaries	On each side of the womb and release eggs each month.
Pregnant	When a woman has a baby developing in her womb.
Uterus / womb	The place in a female where a baby grows during pregnancy.
Vagina	The tube inside a female which connects the womb to the outside.
Vulva	The external female sex organs.

#### What will I know by the end of this unit:

- Understand some of the reasons adults decide to drink or not drink alcohol.
- Understand some ways to check that a news story is real.
- Understand how they should behave online and the impact negativity can have.
- Understand of changes that take place during puberty.
- Understand the menstrual cycle and that a male and a female are needed to conceive a baby.
- Understand that a baby changes in the womb and some of the baby's requirements during the first months of life.
- Recognise when someone is choking; administer first aid to a casualty that is choking; and seek medical help if required for a choking casualty.
- Conduct a primary survey; place a casualty who is unresponsive and breathing normally into the recovery position; and identify when it is necessary for CPR to be given.