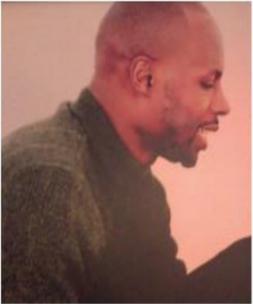


YEAR 1 PSHE - RELATIONSHIPS

KNOWLEDGE ORGANISER



Overview and Recap	LIFECYCLE OF A HUMAN
<p>At South Hill, we follow the 'Christopher Winter project' curriculum for 'Relationship and Drugs education.'</p> <p>In Year 1 this year, we will learn:</p> <ul style="list-style-type: none"> To know how to keep clean and look after oneself To understand that babies become children and then adults To know the differences between boy and girl babies To know there are different types of families To know which people we can ask for help 	<p>As we get older, we grow and change. We start life as a foetus and grow into a baby in our mother's tummy. We then grow and develop through different stages of the life cycle:</p> <ul style="list-style-type: none"> • Foetus • Baby • Child • Teenager • Adult • Elder <p>We all have private parts. Males have a penis and females have a vagina.</p>      

KEEPING OURSELVES CLEAN
<p>It is very important and healthy for us to keep ourselves clean. There are some things we can do ourselves and others that we will need an adult to help us with.</p> <p>There are lots of ways in which we keep ourselves clean. These include:</p> <ul style="list-style-type: none"> • Brushing our teeth twice a day with a toothbrush and toothpaste • Having regular showers or baths using soap or a product like shower gel • Washing our faces • Washing our clothes in a washing machine • Washing our hands before we eat • Brushing or combing our hair • Cleaning our duvet and bedsheets      

FAMILIES ARE ALL DIFFERENT AND UNIQUE

All families are different! Members of our family are special people, including carers and friends who are close to us and who we think are important. Some families will have similarities to our own and others will be very different. **All families are valued and unique.**



Key Vocabulary

youngest	oldest	Male	Female	Life cycle	penis	vagina	similar	different	toothbrush	toothpaste	
hairbrush	gender	boy	girl	soap	adult	elder	child	teenager	features	healthy	clean