Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

Year 1 – Summer 1
Relationships

Year 1
PSHE

Focus Question: How can I build positive, healthy relationships?

Key Vocabulary

family	People who care for one another.
belong	Feeling loved and included.
friend	Someone we like and trust.
kind	Caring about other people.
touch	Physical contact with someone.
boundary	A limit about what feels OK.
quality	Something good about a person.

Key Learning

- I can say why families are important to us.
- I can explain how to be a good friend.
- I know I can say no to unwanted touch.
- I know when and how to ask for help.
- I can name qualities I like about myself.

Relationships in Action



Families are different

The people who care for us help us belong.



Good friendships

Listen, include people and take turns.



My body and my voice

Say no to unwanted touch; tell an adult.

Remember and Try

- Be kind and include others.
- Ask a trusted adult for help.
- Celebrate my own good qualities.

End Point

I can be a kind friend, value family and my own qualities, respect touch boundaries and ask for help.