



RIGHTS & RESPONSIBILITIES

Y1 PSHE

KNOWLEDGE ORGANISER



Overview and Recap

Rights and Responsibilities

We are learning about the things that we should have (our rights) and the things that we should do (our responsibilities).

You should already know that: There are some things that we are responsible for, e.g. looking after ourselves, other people and our things.



There are several daily routines that we can follow to keep ourselves healthy and safe.

-We have a responsibility to look after our environment (e.g. our school) and other living things (e.g. people, animals and plants).

-Money is used to buy things. Keeping our money safe is important.

Staying Healthy and Safe

We have a responsibility to keep ourselves (and where we can, others) healthy and safe.

Daily Routines

-To stay healthy and safe, there are a number of things that we should make a part of our daily routines.

-Daily routines are the tasks and duties that we do every day.

Some examples of daily routines that keep us healthy & safe are:

-Brushing our teeth: to keep our teeth & mouth healthy & clean.

-Washing and bathing: to keep our hair & bodies healthy & clean.

-Flushing the toilet: to make sure that germs are not spread.

-Washing our hands regularly (especially after using the toilet and before eating): to make sure that germs are not spread and to stop us from getting ill.

-Going to school: to help us to learn important things and to keep us healthy and safe.

-Going to sleep: to help keep our minds fresh, alert and healthy.

-Using a tissue to blow our nose: to make sure that germs are not spread.

-Eating breakfast: to give us energy for the day ahead.



People and Environments

Our School

-Schools are places that have been designed for children. Headteachers and teachers think carefully about how to make schools a nice place for children to learn.

-E.g. Think about the furniture and equipment that the school has, or the colourful displays that the staff put up around the school.



-Everybody has a responsibility for looking after the school, including staff and children. This includes:

-Keeping it clean and tidy. Picking up litter and cleaning up mess after ourselves.

-Looking after school equipment carefully.

-Wiping our feet when we come indoors.

-Putting things in their proper places.

-Walking around the school building.

Living Things

-Living things, like people, animals and plants, need looking after in order to be healthy and safe.
-For example, a pet cat needs to have food, water, shelter and love in order to grow and flourish



First Aid: This is the help and care that we can give to someone who is sick or injured, before full medical help arrives.
-We should learn to spot dangers, so that there is less chance of accidents happening.
-When we see that someone is badly hurt or sick, we should call 999 for the emergency services.



Money

What is Money and How is it Used?

-Money is used to pay for things.

-Money is made up of coins and notes. The UK money system is the pound.

-Money is also used to pay people for work.

-Whilst we are too young to work for money, our parents/guardians spend their money to keep us healthy, safe and happy (e.g. buying food, clothes).

-As we get older, we may get pocket money or jobs to earn our own money.



Looking after Money

-We have a responsibility to look after our money.

-A wallet or a purse can be used to store money that we plan to spend. Some people use a piggy bank to save up their money.

-Larger amounts of money can be saved in a bank.



Key Vocabulary

Rules

Responsibilities

Environment

Care

Needs

Money

Spend

Save