



Jerry Clay Academy  
Subject Knowledge Organiser

Subject: PHSE Year Group: 1 Term: Autumn 1

**Core Learning of This Unit:**

- Communicate their feelings to others.
- Strategies on how to manage feelings.
- Identify how emotions look and feel in the body.

<https://www.bbc.co.uk/bitesize/topics/zxccwmn/resources/1>

<https://www.gogivers.org/lessons/key-stage-1/>

**Prior Learning:**

**ELG: PSED**

They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.

Children talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride.

**National Curriculum Statements:**

- To recognise a range of feelings and emotions (good and bad).
- To learn words to describe feelings
- To learn simple strategies for managing feelings.
- To communicate their feelings to others.
- Recognise and respond to how others show feelings.
- Recognise that their behaviour can affect other people.

**Key Vocabulary:**

- **Emotion** – a strong feeling such as love, fear or anger. The part of a person's character that consists of feelings.
- **Worried** – thinking about unpleasant things that have happened or might happen therefore feeling unhappy and afraid.
- **Angry** – having strong feelings about something that you dislike very much or about an unfair situation.
- **Sad** – unhappy or showing unhappiness.
- **Happy** – pleased, feeling or showing pleasure.
- Nervous
- **Calm** – not excited, nervous or upset.
- **Excited** – feeling or showing happiness and enthusiasm.
- **Surprised** – an event or piece of news that is unexpected or happened suddenly.
- **Relaxation** – a way of resting and enjoying yourself.

**Significant People**

- Duke and Duchess of Cambridge