

Y1 Summer 2

PSHE: Changing Me

Lesson	Objective	British/school values	Vocabulary	Core Knowledge
1	To know (start to understand) the life cycles of humans and animals	Within this puzzle: RL IL, MR, T	Changes Baby Life cycle adulthood	<ul style="list-style-type: none"> - We all grow at different rates, not everyone is the same - Frogs grow from frogspawn and that is similar to how humans grow - The human life cycle is baby – child – adult – older person
2	To know things about me that have changed (and some that have stayed the same)		Change Baby adult Grown up	<ul style="list-style-type: none"> - When we grow up, we get bigger and our bodies and face change - From a baby, the children have become bigger, become better talkers and become more independent. Give examples
3	To know how my body has changed (since I was a baby)		Growing up Adult Mature	<ul style="list-style-type: none"> - Our body parts have got bigger - We have grown more hair - We can speak clearly - We are able to do more thing for ourselves
4	To know parts of the body that makes boys different from girls		Male Female Penis Testicles Vagina Vulva Anus	<ul style="list-style-type: none"> - On our bodies we have 'private parts' that we should keep private - The swimming clothes rule: if you cover it up when you swim then we don't get it out in public and other people don't touch - The penis is the boys organ for weeing - The testicles are also part of the boy's private parts - The vulva is the outside parts of a female's private parts - The vagina is the part inside - The anus is the opening where a body gets rid of poo
5	To know I change when I learn		Learn New Grow Change	<ul style="list-style-type: none"> - Children should know what they have learned since being a baby - Everyone, whatever age, can always learn something new
6	To know about changes in my life		Feelings Anxious Worried	<ul style="list-style-type: none"> How to manage sad feelings What changes have already happened to you What changes might be coming soon