

PSHE Year 1 Summer 2- Changing me



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- start to understand the life cycles of animals and humans
- tell you some things about me that have changed and some things about me that have stayed the same
- tell you how my body has changed since I was a baby
- identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vulva, anus
- understand that every time I learn something new, I change a little bit
- tell you about changes that have happened in my life

Social and emotional skills

I will:

- understand that changes happen as we grow and that this is OK
- know that changes are OK and that sometimes they will happen whether I want them to or not
- understand that growing up is natural and that everybody grows at different rates
- respect my body and understand which parts are private • I enjoy learning new things
- know some ways to cope with changes

Key vocabulary

Adult, adulthood, anus, anxious, baby, change, changes, coping, curious, excited, feelings, female, grow, growing up, growth, happy, learn, life cycle, male, nervous, new, penis, proud, testicles, vulva, worried

Big Question:

How have you changed and how will you change as you grow older?

The zones of regulation



By the end of this topic...

I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older.

I can use the correct names for private areas. I can explain why some changes I might experience might feel better than others.

Mindmate Monday lesson

Year 1 Summer 2 Solving problems

Lesson focus: Setting goals and targets I can work and play well in a small group

Pupils should have the opportunity to... know how to play and work cooperatively with others I understand that people often need to play or work together to achieve things. To name a goal/target and say who can help me with that goal/target

MindMate