

Year 1 – PSHE KCV – Changing Me



Key skills to learn:

- Begin to explore the life cycles of animals and humans and understands that changes happen as we grow whether we want them to or not.
- Understand that growing up is natural and that everybody grows at different rates.
- Identify the parts of the body that make boys different to girls and use the correct names for these.
- Understand that every time I learn something new I change a little bit.
- Discuss change that have happened in my life and know some ways to cope with these changes.

SMSC Links:

Social – Recognise and appreciate changes around me and within the community.

Moral – Developed self-awareness and respect for own body

Spiritual – Reflect and explore the life cycles of animals and humans understand that changes happen as we grow.

Cultural – Understand and respect the differences and changes in everyone's bodies.

Words to know and spell (Tier 2 Vocabulary)

Baby	Learn	Feelings
Changes	New	Worried
Adult	Grow	Exciting
Grown Up	Older	

Words to understand and spell (Tier 3 Vocabulary)

Life cycle	Growing from birth to adult hood.
Adulthood	Being fully grown and mature.
Mature	Fully developed and responsible.
Male	A boy or man who has testicles and a penis.
Female	A girl or woman with breasts and a vagina.
Vagina	The passage leading from the uterus to the vulva in a female. Male reproductive glands enclosed within the scrotum. A female's breast where milk ducts discharge.
Testicles	
Nipples	
Anus	Formal term for bottom, where solid waste leaves the body.
Anxious	Feeling or showing worry, nervousness or unease about something.
Coping	Deal or manage with something effectively.

Concept check questions. Test yourself:

How do things around us change?

How do our faces and body change as we grow older?

How will your life change as you grow up?

What are the names of the body parts which make boys and girls different?