



Knowledge Organiser: PSHE Year 1 – Summer 2 – V4 2023



Children will know:

Changing Me

- That animals including humans have a life cycle and that change happens at different rates as we grow
- The names of male and female private body parts
- Which parts of the body are private and that they belong to that person and nobody has the right to hurt these
- Who to ask for help if they are worried or frightened

Prior Learning Links: (The Jigsaw curriculum embeds prior knowledge from previous years and focuses on developing the children's learning of previously introduced concepts and topics)

EYFS – Nursery F1

Understanding that everyone is unique and special. Expressing how they feel when change happens. Understanding and respecting the changes they see in themselves. Understanding and respect the changes they see in other people. Knowing who to ask for help if they are worried about change. Looking forward to change

EYFS – Reception F2

Understanding that everyone is unique and special. Expressing how they feel when change happens. Understanding and respecting the changes they see in themselves. Understanding and respect the changes they see in other people. Knowing who to ask for help if they are worried about change.

Future Learning Links:

Year 2 – Changing Me – Life Cycles, Body Changes, Name Body Parts, Privacy, Help for Worries

Key Facts/Information:

- Children are introduced to life cycles eg. frog and compare with the Human life cycle.
- They discuss changes so far in their bodies and the correct names for private body parts (safeguarding duty of schools).
- Children are taught that nobody has the right to hurt private parts.
- They look at how to manage feelings and access help if they are worried.

Key Vocabulary:

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| • Changes | • Mature | • Vulva |
| • Life Cycles | • Male | • Anus |
| • Baby | • Female | • Anxious |
| • Adult | • Vagina | • Worried |
| • Adulthood | • Penis | • Excited |
| • Grown-Up | • Testicles | • Coping |

Reading Recommendations