



Knowledge Organiser Year 1 – Changing Me



In this Puzzle, children learn about life cycles and the changes that happen as humans and animals grow. They reflect on how their own bodies have changed and develop understanding that everyone grows at different rates. Across the six Pieces, children learn the correct names for private body parts, explore how boys' and girls' bodies can be different, and practise respecting their own bodies and those of others. They also think about feelings linked to change, such as excitement and worry, and learn ways to cope. At the end of the Puzzle, children contribute their flowers of change work to the whole school Tree of Change display, celebrating growth, learning and new beginnings.

Knowledge What children will know	Skills What children will do	Vocabulary
• To know that changes happen as we grow and that this is OK. • To know which parts of my body are private. • To know two examples of how to cope with changes.	• To understand that growing up is natural and that everybody grows at different rates. • To respect my body and understand which parts are private. • To begin to understand the life cycles of animals and humans. • To tell you some things about me that have changed and some things about me that have stayed the same. • To tell you how my body has changed since I was a baby. • To identify the parts of the body that make boys different to girls and begin to use the correct names for these: penis, testicles, vulva, anus. • To understand that every time I learn something new, I change a little bit. • To tell you about changes that have happened in my life.	Adult Adulthood Anus Anxious / Worried Change / Changes Coping Curious Excited Feelings Female Grow / Growth / Growing Up Life Cycle Male Nervous Penis Proud Testicles Vulva