



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 (<i>substantive</i>)	Social and Emotional skills (<i>disciplinary</i>)	Vocabulary
- I am starting to understand the life cycles of animals and humans - I can tell you some things about me that have changed and some things about me that have stayed the same - I can tell you how my body has changed since I was a baby - I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vulva, anus - I understand that every time I learn something new, I change a little bit - I can tell you about changes that have happened in my life	- I understand that changes happen as we grow and that this is OK - I know that changes are OK and that sometimes they will happen whether I want them to or not - I understand that growing up is natural and that everybody grows at different rates - I respect my body and understand which parts are private - I enjoy learning new things - I know some ways to cope with changes	adult adulthood anus anxious / worried change/ changes coping curious excited feelings female grow/ growth / growing up life cycle male nervous penis proud testicles vulva

Strongest RSHE 2025 Relationships contributions	FPCM 1 – Importance of loving, stable families (stable relationships for raising children). FPCM 2 – Characteristics of healthy family life. RKR 8 – Self-respect and its link to happiness. RKR 10 – Understanding and challenging stereotypes	BS 1 – Appropriate boundaries. BS 2 – Concept of privacy and its implications. BS 3 – Each person's body belongs to them, and the differences between appropriate and inappropriate/unsafe physical and other contact.	BS 5 – How to recognise and respond to relationships where they may be at risk of harm. BS 6 – How to recognise and report feelings of being unsafe. BS 7 – Where to get advice.
Strongest RSHE 2025 Health contributions	GW 3 – Range and scale of emotions, particularly around change. GW 4 – Vocabulary to describe feelings. GW 8 – That change, loss and bereavement can affect wellbeing and that everyone reacts differently.	GW 9 – Where and how to seek support. HP5 – Personal hygiene, germs, bacteria and handwashing DB 1 – Correct names of body parts including penis, vulva, vagina, testicles, understanding these are private; skills to express own boundaries.	

Weekly Celebration	Pieces <i>and Vocabulary</i>	PSHE learning intention	Social and emotional development learning intention	Resources For every lesson: Jigsaw Jack, <u>Jisaw Charter</u> , Jigsaw Chime, Jerrie Cat, Jigsaw Journals, <u>Next Steps / Reflection Sheet.</u>
Understand that everyone is unique and special	1. Life cycles <i>Changes</i> <i>Life cycle</i> <i>Baby</i> <i>Adulthood</i> <i>Growth</i> <i>Change</i>	I am starting to understand the life cycles of animals and humans	I understand that changes happen as we grow and that this is OK	<u>Find your pair + Life Cycle cards</u> <u>'A New Day' (Song Sheet)</u> Teacher's photos: series of photos from baby to adult YouTube clip of frog's lifecycle (teacher to source) <u>My Jigsaw Journey</u> <u>Combined Jigsaw Journeys</u>

Can express how they feel when change happens	2. Changing Me - Change - Life cycle - Baby - Adult - Grown up	I can tell you some things about me that have changed and some things about me that have stayed the same	I know that changes are OK and that sometimes they will happen whether I want them to or not	Life cycle cards Paper for concertina booklets My Jigsaw Journey
Understand and respect the changes that they see in themselves	3. My Changing Body - Baby - Growing up - Adult - Change	I can tell you how my body has changed since I was a baby	I understand that growing up is natural and that everybody grows at different rates	'A New Day' (Song Sheet) Baby photo of the teacher Baby photos brought in by the children in a box. My Jigsaw Journey
Understand and respect the changes that they see in other people	4. Boys' and Girls' Bodies - Male - Female - Penis - Testicles - Vulva - Anus	I can identify the parts of the body that make boys different to girls and can use the correct names for private body parts: penis, testicles, vulva, anus	I respect my body and understand which parts are private	PE hoops or flip chart paper <u>Body parts cards</u> My Jigsaw Journey
Know who to ask for help if they are worried about change	5. Learning and Growing Puzzle Outcome: Piece 5 Flowers Learn	I understand that every time I learn something new I change a little bit	I enjoy learning new things	'A New Day' (Song Sheet) <u>Picture cards</u>

	• <i>New</i> • <i>Grow</i> • <i>Change</i> • <i>Excited</i> • <i>Proud</i> • <i>Worried</i> • <i>Happy</i> • <i>Nervous</i> • <i>Curious</i>			Flower shape and petals for flip chart <u>Flower templates</u> My Jigsaw Journey
• Are looking forward to change	6. Coping with Changes Assessment Opportunity • <i>Change</i> • <i>Feelings</i> • <i>Anxious</i> • <i>Worried</i> • <i>Excited</i> • <i>Coping</i>	I can tell you about changes that have happened in my life	<i>I know some ways to cope with changes</i>	Bag of items for Changes Game e.g. baby item, a piece of school uniform, holiday item, name of next teacher etc. <u>Certificates</u> <u>My Jigsaw Journey</u>