



# Knowledge Organiser Year 1. Changing Me



*In this Puzzle (unit) children are introduced to life cycles e.g. that of a frog and identify the different stages. They compare this with a human life cycle and look at simple changes from baby to adult e.g. getting taller, learning to walk etc. They discuss how they have changed so far and that people grow up at different rates. As part of a school's safeguarding duty, pupils are taught the correct words for private parts of the body that they might use if talking to a doctor or a nurse. (those kept private by underwear: vagina, anus, penis, testicles, vulva). They are also taught that nobody has the right to hurt these parts of the body. Change is discussed as a natural and normal part of getting older which can bring about happy and sad feelings. Children practise a range of skills to help manage their feelings and learn how to access help if they are worried about change, or if someone is hurting them or making them feel uncomfortable.*

Knowledge (substantive)	Social and Emotional skills (disciplinary)	Vocabulary
<ul style="list-style-type: none"><li>• Know that animals including humans have a life cycle</li><li>• Know that changes happen when we grow up</li><li>• Know that people grow up at different rates and that is normal</li><li>• Know the names of male and female private body parts</li><li>• Know that there are correct names for private body parts and nicknames, and when to use them</li><li>• Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these</li><li>• Know who to ask for help if they are worried or frightened</li><li>• Know that learning brings about change</li></ul>	<ul style="list-style-type: none"><li>• Understand and accepts that change is a natural part of getting older</li><li>• Can identify some things that have changed and some things that have stayed the same since being a baby (including the body)</li><li>• Can express why they enjoy learning</li><li>• Can suggest ways to manage change e.g. moving to a new class</li></ul>	Changes, life cycles, baby, adult, growing up, mature, male, female, vagina, penis, testicles, vulva, anus, learn, new, grow, feelings, anxious, worried, excited, coping.

<b>Weeks</b> <i>and Vocabulary</i>	<b>PSHE learning intention</b>	<b>Social and emotional development learning intention</b>
<b>1. Life cycles</b> <ul style="list-style-type: none"> <li>• <i>Changes</i></li> <li>• <i>Life cycle</i></li> <li>• <i>Baby</i></li> <li>• <i>Adulthood</i></li> <li>• <i>Growth</i></li> <li>• <i>Change</i></li> </ul>	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
<b>2. Changing Me</b> <ul style="list-style-type: none"> <li>• <i>Change</i></li> <li>• <i>Life cycle</i></li> <li>• <i>Baby Adult</i></li> <li>• <i>Grown up</i></li> </ul>	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
<b>3. My Changing Body</b> <ul style="list-style-type: none"> <li>• <i>Baby</i></li> <li>• <i>Growing up</i></li> <li>• <i>Adult</i></li> <li>• <i>Change</i></li> </ul>	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
<b>4. Boys' and Girls' Bodies</b> <ul style="list-style-type: none"> <li>• <i>Male</i></li> <li>• <i>Female</i></li> </ul>	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus	I respect my body and understand which parts are private

<ul style="list-style-type: none"> <li>• <i>Penis</i></li> <li>• <i>Testicles</i></li> <li>• <i>Vulva</i></li> <li>• <i>Vagina</i></li> <li>• <i>Anus</i></li> </ul>		
<b>5. Learning and Growing</b>  <b>Puzzle Outcome: Piece 5 Flowers</b>  <ul style="list-style-type: none"> <li>• <i>Learn</i></li> <li>• <i>New</i></li> <li>• <i>Grow</i></li> <li>• <i>Change</i></li> </ul>	I understand that every time I learn something new I change a little bit	I enjoy learning new things
<b>6. Coping with Changes</b>  <b>Assessment Opportunity</b>  <ul style="list-style-type: none"> <li>• <i>Change</i></li> <li>• <i>Feelings</i></li> <li>• <i>Anxious</i></li> <li>• <i>Worried</i></li> <li>• <i>Excited</i></li> <li>• <i>Coping</i></li> </ul>	I can tell you about changes that have happened in my life	I know some ways to cope with changes