Year 1: PSHE Theme: Changing Me



Weekly Celebration	Pieces	PSHE Learning Intention	Social and Emotional Learning Intention	Vocabulary
Understand that everyone is unique and special	Life cycles	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	Changes, Life cycle, Baby Adulthood
Can express how they feel when change happens	Changing me	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	Change, Life cycle, Baby, Adult Grown up
Understand and respect the changes that they see in themselves	My changing body	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	Baby, Growing up, Adult, Mature, Change
Understand and respect the changes that they see in other people	Boys' and girls' bodies	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, anus	I respect my body and understand which parts are private	Male, Female, Vagina, Penis, Testicles, Anus
Know who to ask for help if they are worried about change	Learning and growing	I understand that every time I learn something new I change a little bit	I enjoy learning new things	Learn, New, Grow , Change
Are looking forward to change	Coping with changes	I can tell you about changes that have happened in my life	I know some ways to cope with changes	Change, Feelings , Anxious, Worried , Excited , Coping