





Year 1


# PSHE – Changing Me

**Outcome: Flower of change** In each of the petals the children draw something they have learnt that has helped them to grow.

Our School Rules	
Self-control	
Take responsibility for your actions	
Always follow instructions	
Respect	
Stay safe	
Learning	Pride Success

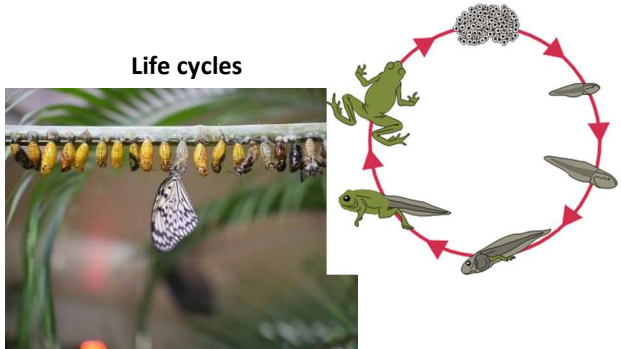
Prior skills	
Prior skills from EYFS	
 	Be able to say that some things I can do and foods I can eat are healthy.
	Talk about my worries and / or the things I am looking forward to about being in Year 1.
	Share my memories of the best bits of this year in Early Years.
	Be able to name parts of the body.
	Understand that we all grow from babies to adults.

**Ideas and inspiration**














**Growing and changing**

**Life cycles**



**Vocabulary:**

- life cycle
- adulthood
- grown up
- anxious
- feelings
- mature
- vagina
- penis
- testicles
- vulva
- anus

Take responsibility for your actions					
		Working Towards	Within	Expected	Above
	 To understand that changes happen as we grow and that this is ok.				
	 Sometimes changes will happen whether I want them to or not.				
	 To understand that every time I learn something new I change a little bit.				
Respect					
		Working Towards	Within	Expected	Above
	 To start to understand the life cycle of animals and humans				
	 To be able to tell you some things about me that have changed and some things that have stayed the same.				
	 To understand that growing up is natural and that everybody grows at different rates.				
	 To identify the parts of the body that make boys different to girls and use the correct names for these.				
Safe					
		Working Towards	Within	Expected	Above
	 To respect my body and understand which parts are private and why.				

Highlights: \_\_\_\_\_

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