



Welton Primary School — PSHE Knowledge Organiser

Year: 1

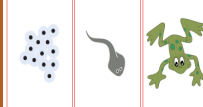
Summer 1

Changing Me

PSHE Puzzle Piece Vocabulary

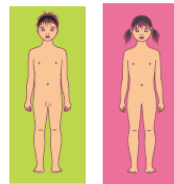
Adult	A person who is fully grown. In the UK, an adult is 18 years old or above.
Adulthood	The next phase of life after childhood.
Anus	The opening in the bottom where waste is removed from the body.
Anxious	Feeling worried or nervous about something.
Baby	A very young child.
Changes	When something becomes different.
Coping	Doing something effectively / well.
Excited	To be happy and enthusiastic .
Feelings	An emotion.
Female	A girl or woman,
Grow	To change in size and appearance over time.
Growing up	To become an adult.
Grown up	An adult.
Learn	To acquire knowledge or something new.
Life cycle	Series of changes in the life of a living thing.
Male	A man or boy.
Mature	To be fully developed / grown.
New	To experience or create something for the first
Penis	Part of the male reproductive system.
Testicles	Part of the male reproductive system.
Vagina	Part of the female reproductive system.
Vulva	Part of female reproductive system
Worried	Anxious or upset about something that has happened or may happen.

Lifecycles of Animals and Humans



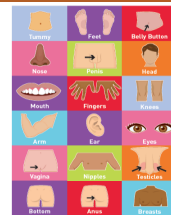
I can explain that animals and humans change over time. I know that bodies change over years (arms, legs, etc.). I know that we grow at different rates. I can say what I like about being me now and I can say what I want to be/do when I am older .

Changes as we Grow



I can explain how we change as we grow. I know that our legs get longer, our bodies grow, our hair grows, etc. I can say how I have changed since being a baby [might be appropriate to look at baby photos, etc.]. I can say what I can do now that I could not do before.

Male and Female Private Parts



I can explain what makes males and females different from each other by naming their body parts appropriately. I know that males have a penis and females have a vagina. I know that to keep me safe, I need to use the correct names for my body parts. I know that any part of my body covered by my pants is private.

Learning New Things

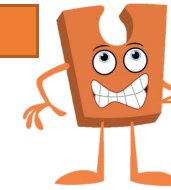


I know that since being a baby, I have learnt lots of new things that help me to grow and do new things (walk, eat, use the toilet, write, etc.). I know that this changes me as I grow and helps me. I know that I will learn new things that will help me as I get older.

Managing Changes



I can think about how I feel/how I felt when there was a change in my life (school, home, pet, etc.). I can say why I felt this way and show this in my work



Hello, My name is Jigsaw Jack

Questions to Support Learning

- What is a life cycle?
- How will you change as you grow up?
- Who is the tallest / smallest in your class?
- Which parts of your body are private?
- Who is allowed to see your private body parts?
- What should you do if you don't like the way someone is touching you?
- Who can you talk to if you ever feel worried or frightened? (at school / at home)
- What is the best part about being your age?

