

PSHE Knowledge Organiser

KS1 Year 1 Term: 6 - Changing Me

- Enquiry Question: Changing Me

National Curriculum Objectives

- Know that animals including humans have a life cycle
- Know that changes happen when we grow up • Know that people grow up at different rates and that is normal
- Know the names of male and female private body parts
 - Know that there are correct names for private body parts and nicknames, and when to use them
- Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these
- Know who to ask for help if they are worried or frightened
- Know that learning brings about change

stages of life

As we get older, we grow and change in many ways.
We go through different stages of life.

- * Childhood 
- * Adolescence 
- * Adulthood 
- * Old age 

Key vocabulary

Word	Meaning
Life Cycles	The sequence of changes that a living thing goes through as it grows and develops. Birth, growth, reproduction, aging, and death are all stages in the life cycle of an animal.
Feelings	An emotion. <i>Love, anger, joy, and fear are human feelings.</i>
Anxious	Feeling worried, nervous, or afraid about something uncertain.
Worried	Feeling trouble or anxiety about something that might happen.
Excited	In a state of excitement; thrilled.
Key Body Parts	Vagina, Penis, Testicles, Vulva, Anus

Sticky Knowledge:

- The human life cycle is when we grow from young to old
- Human beings are growing and changing all the time. As we grow up, our needs and bodies change.
- You are different now to how you were a year ago, and a year from now, you will be different again!