

Y1 PSHE Jigsaw Knowledge Organiser Changing Me

Puzzle Outcomes

- To start to understand the life cycles of animals and humans.
- To understand that changes happen as we grow and that this is OK.
- To tell you some things about me that have changed and some things about me that have stayed the same.
- To know that changes are OK and that sometimes they will happen whether I want them to or not.
- To know how my body has changed since I was a baby.
- 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: penis, testicles, vagina.
- To respect my body and understand which parts are private.
- To understand that every time I learn something new I change a little bit.
- To enjoy learning new things.
- To tell you about changes that have happened in my life.
- To know some ways to cope with changes.

Weekly Celebrations:

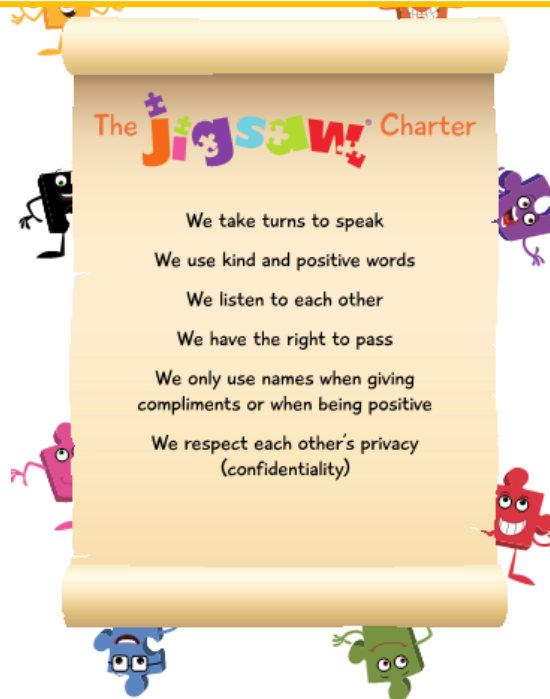
- Week 1- Understand that everyone is unique and special.
- Week 2 – Can express how they feel when change happens.
- Week 3 – Understand and respect the changes that they see in themselves
- Week 4 – Understand and respect the changes that they see in other people.
- Week 5 – Know who to ask for help if they are worried about change.
- Week 6 – Are looking forward to change.

Changing Me at Haydon Wick Primary School

As good citizens of Haydon Wick Primary School, we help others to have a positive self-image and self-esteem. We understand that changes can be difficult, but we are aware of the changes that happen as we grow up.



Our Values of the term: Happiness and Courage



Key Vocabulary

Life cycle	A series of stages a living thing goes through during its life.
Baby	A recently born person.
Adulthood	A person who is fully grown or developed.
Mature	Fully developed in mental, emotional, or physical qualities.
Male	A man or a boy. A person or animal that produces sperm that fertilise the eggs of a female.
Penis	The male sexual organ.
Testicles	The two sex glands between a man's legs that produce sperm.
Female	A woman or a girl. A person or animal that can bear young or lay eggs.
Vagina	The inside passageway to the cervix and uterus.
Change	To make or become different.