



Year 1 PSHE - Changing me

Big question
How do our bodies change as we grow?

Puzzle Outcomes

- I know that animals including humans have a life cycle and that change is a natural part of getting older.
- I know that change happens when we are older, and I can identify some things that have changed and some things which have stayed the same.
- I know the correct names of male and female private parts and their nicknames and when is appropriate to use them.
- I know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these.
- I know who to ask for help if I am worried or frightened.
- I know that learning can bring about change and I can express ways in which to manage change e.g. moving classes.

Reflective Questions

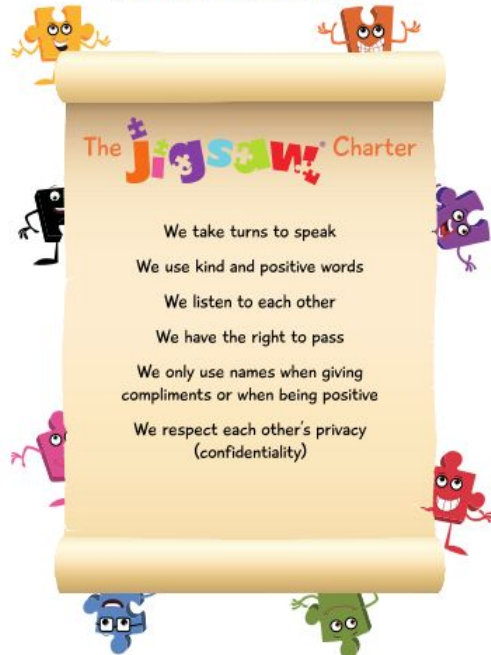
- ☉ What is a life cycle and how will you change as you get older?
- ☉ Which parts of the body are private?
- ☉ Who can you talk to if you feel worried or frightened?
- ☉ What is the best thing about being your age?

What Makes Our School Great?

As good citizens it is important for us to understand how we change as we get older.

We need to make sure that we talk to someone if we are feeling frightened or worried about something.

Jigsaw Learning Charter



Key Vocabulary

Anus	The area where waste product leaves the body.
Anxious	Feeling worried, nervous, or uneasy about something.
Female	An offspring that can produce eggs.
Life cycle	Series of changes in the life of an organism.
Male	An offspring that can fertilize eggs to reproduce.
Mature	Fully developed or full-grown.
Penis	A male genital organ
Testicles	Two oval organs next to the penis.
Vagina	A female genital organ (internal/inside).
Vulva	A female genital organ (external/outside)
Worried	Anxious or troubled about problems or potential problems.

