



PSHE (including RSE) YEAR 1 Knowledge Organiser

Summer 2- Growing and Changing

Lessons		Planned Experiences	Vocabulary
SCARF	Healthy Me	Exploring Key questions- What sort of things can we do to stay healthy? Why is it important to have a good night's sleep? Why is it important to exercise? Why is it important to eat healthy food? Why is it important to have to wash and brush our teeth? Identifying healthy food.	Energy, food, water, oxygen
SCARF	Then and Now	Watch the film showing Harold and his photo album and talk about all of the things he was learning to do. Then and Now activity- Identify what they could do at different stages of growing.	Baby, toddler, child, growing, changes.
SCARF	Taking care of a baby	What do babies need activity and discussion	baby
SCARF	Who can help?	Read the story of Sleepy Sophie and explore how being bullied made her feel. Identify who they can talk to at home and at school.	Unkind, tease, bully., feelings, sad, scared, angry, frightened.
SCARF	Surprises and Secrets	Harold's Surprise and Secret story: Should Harold keep it a secret? Play secrets and surprises game: secrets/nice surprises.	Secret, surprise, uncomfortable, feelings.
SCARF	Me and My Body- girls and boys	Sing <i>Heads, Shoulders, Knees and Toes</i> . Talk about the parts of the body that we sing about and those that are missed out including private parts . Refer to correct name of private parts and explain that these parts of our body are private, and no one should touch them without our permission. Watch NSPCC PANTS film <i>Pantosaurus</i> .	Penis, testicles, vagina, vulva, private parts.
SCARF	Keeping Privates Private	Using the toilet independently. Needing the toilet activity- Identify the differences between going to the toilet when they were a baby and now. Talking about what private means. Why do we call them our private parts? The names of external genitals will be referred to.	Baby, toddler, child, penis, vulva

Key Facts and Learning Outcomes

- Understand the body gets energy from food water and oxygen.
- Recognise that exercise and sleep are important parts of a healthy lifestyle.
- Identify things they could do as a baby, a toddler and can do now.
- Identify people who help/ helped them at those different stages.
- Understand some of the tasks required to look after a baby.
- Explain how to meet the basic needs of a baby.
- Explain the difference between teasing and bullying.
- Say who they could get help from in a bullying situation.
- Understand the difference between a secret and a nice surprise.
- Identify who they can talk to if they feel uncomfortable about any secret they are told or are told to keep.
- Name parts of body (including reproductive parts) using the correct vocabulary.
- Explain which parts of their body are kept private and safe and why.
- Identify parts of the body that are private and ways that they can be kept private.

Answering Difficult Questions

Why do we need to keep our privates, private?
What's in your pants belong to you, which is why we cover them up. This is also why when we use the toilet, we should shut the door so no one can see our private parts.
Who can they talk to if a grown-up has asked them to keep a secret?
We shouldn't keep things to ourselves if we don't feel ok about it.



- Brilliant Body- First Facts and Flaps
- NSPCC Pantosaurus film- <https://www.youtube.com/watch?v=IL07J0GU5o>