



# Year 1 - Summer - PSHE Knowledge Organiser

## What I already know...

In the Spring Term we learnt that our bodies and feelings can be hurt by words and actions. We learnt that bullying is unkind behaviour carried out on purpose again and again and again, and what we should do if we were to witness or be victim to hurtful or bullying behaviour. We learnt about respect and what this looks like to ourselves, our friends, our class and our environment.

## Making a difference at The Merton

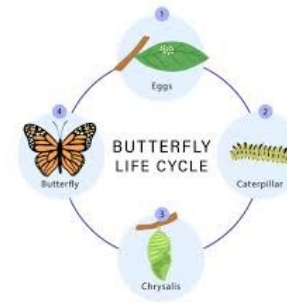
Everyone is unique and special! The Topic 'Changing Me' will explore how we are all unique and special with consideration to how we and animals might change over a lifetime. We will discover the life cycle of a caterpillar and be able to discuss how we all change and that change is okay. Learning how to respect these changes will also be a key part of our PSHE journey this term.

Recognizing changes in ourselves and other people will be carefully compared and expressing how we feel when these changes occur will also be an important skill to develop.

Finally, we will discuss who we can talk to and ask for help if we are worried about any changes that might occur. This will hopefully resolve worries and allow change to be accepted.

## What I will learn...

1. Know the life cycles of animals and humans
2. Know how to express that some things about me have changed and some things stay the same about me.
3. Know how my body has changed since I was a baby
4. Know and identify body parts and the difference between boys and girls bodies
5. Know who to ask for help and realise that with new knowledge we change
6. I can tell you about changes in my life



## Key Vocabulary

Change	Something or someone that alters, develops or is different
Life Cycle	Series of changes in a living thing
Respect	Considering and regarding someone
Private	Things that belong just to you.
Feelings	An emotional state or reaction.

## Making a difference at home

Can you find any caterpillars in the garden? Caterpillar eggs? Or even a chrysalis? If you see a beautiful Butterfly remember the journey of change it has been through.

Who is your trusted adult at home? Could you share your thoughts and feelings about changes to them? Talking about our worries can really help us to feel better and calmer.