Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

Year 1 – Summer 2
Changing Me

Year 1
PSHE

Focus Question: How can I cope positively with change?

Key Vocabulary

change	When something becomes different.
life cycle	The stages as living things grow.
baby	A very young child.
adult	A grown-up person.
grow	To become bigger or develop.
worried	Feeling unsure or uneasy.
cope	Find a way to manage a change.

Key Learning

- I can describe how animals and people grow.
- I can say what has changed or stayed the same.
- I can describe how my body has grown.
- I know the correct names for body parts.
- I can talk about changes and my feelings.

Changing Me in Action



We all grow

Living things change through life stages.



Our bodies change

Everyone develops at their own pace.



Feelings about change

We can talk about worries or excitement.

Remember and Try

- Body words: penis, testicles, vulva, vagina, anus.
- Tell a trusted adult about worries.
- Ask questions when changes feel new.

End Point

I can describe growing and body changes, use correct body-part names and explain how to cope with change.