Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

Year 2 – Summer 2
Changing Me

Year 2
PSHE

Focus Question: How can I cope positively with change?

Key Vocabulary

life cycle	The stages of life and growth.
change	When something becomes different.
baby	A very young child.
elderly	Someone who is older.
private	Personal, not for everyone to see.
comfortable	Feeling at ease and safe.
assertive	Speaking up clearly and calmly.

Key Learning

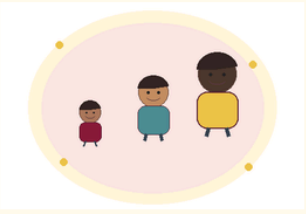
- I can recognise life cycles in nature.
- I know growing older happens naturally.
- I can describe how I have changed since being a baby.
- I know the correct names for private body parts.
- I can say which kinds of touch feel OK to me.

Changing Me in Action



Life cycles

Living things grow and change over time.



Growing older

Baby, toddler, child, teenager, adult, older adult.



My boundaries

I can tell someone if touch feels uncomfortable.

Remember and Try

- Everyone grows at a different pace.
- Body words: penis, testicles, vulva, vagina, anus.
- Say no and tell an adult if worried.

End Point

I can explain how living things and people change, use correct body vocabulary and speak up about unwanted touch.