Christ the Sower Ecumenical Primary School

PSHE
Knowledge Organiser

EYFS • Summer 2
Changing Me

EYFS
Reception

Focus Question: How can I cope positively with change?

Key Vocabulary

body	All the parts that make up me.
grow	Get older, bigger and learn new things.
healthy	Helping our body and mind.
change	When something becomes different.
worry	A feeling when I am unsure or afraid.
Year 1	The next school year after Reception.

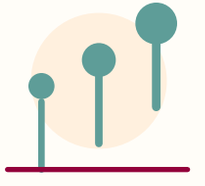
Key Learning

- I can name different parts of my body.
- I know things I can do and eat to help keep healthy.
- I understand that we grow from babies into adults.
- I can tell someone how I feel about moving to Year 1.
- I can talk about both happy and worried feelings about change.

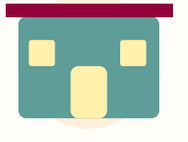
Changing Me in Action



My body
I can name its parts and help keep it healthy.



Growing up
Babies grow into children and then adults.



Moving to Year 1
It is okay to feel excited and worried at once.

Remember and Try

- Notice how much you have grown and learned.
- Talk to someone about questions or worries.
- Remember good things about Reception.

End Point

I can explain how people grow and share my feelings about moving into Year 1.