



Somerset Bridge Primary School
Aspire - Brave - Care - Collaborate

PSHE: Changing Me






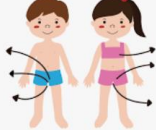
Year 1: Summer 2

Key Vocabulary		✓
Lifecycle	The stages all living things go through during their lives	
Adulthood	When you are grown up and an adult	
Mature	When you are grown up and take responsibility for your actions	
Change	Things not staying the same	
Vagina	Private part of a female body Private part of a girls' body used for having a wee	
Penis	Private part of a boy's body used for having a wee	
Testicles	Private part of a male body	
Anxious	Being afraid or worried about something that might happen	
Coping	How you manage you feelings	

Key Topics ✓

I know changes happen as I grow		
I know that changes are okay		
I know how my body has changed since being a baby		
I know the difference between girls' and boys' bodies		
When I learn new things I change a little bit		
I can talk about changes that have happened		

How Things Change ✓

	Height	
	Seeds to Plants	
	Baby to Child	
	Animals Growing	
	Friends	
	Private Body Parts	

Lifecycles Changing me My Changing Body Boys' and Girls' Bodies Learning and Growing Coping with Changes

