



Changing Me Year 1

The following is an overview of what the children in Year 1 will study over the Summer Term in their PSHE lessons in accordance with the statutory guidance for SRE.

Lesson Overview	Lesson Content
<p>1. Life Cycles Understanding the life cycles of animals and humans and that as we grow, we change.</p>	<p>The children will look at the life cycle of a frog - from frog spawn to fully grown frog. The teacher will show the children photos of themselves, from a baby to child, teenager, young adult and now. The children will order life cycle cards for a human from a baby to adulthood.</p>
<p>2. Changing Me Identifying things have changed and things that have stayed the same.</p>	<p>The children order life cycle cards of a frog, a butterfly and a human. The children will then discuss how they have changed since they were a baby, both physical changes and developmental changes.</p>
<p>3. My Changing Body Understanding how their body has changed since they were a baby.</p>	<p>Building from the last lesson...The children will be asked to bring in a baby photo of themselves. They will distinguish between changes in their body/appearance and changes in their abilities.</p>
<p>4. Boys' and Girls' Bodies Identifying parts of the body that make girls and boys different and which are the same.</p>	<p>The children will talk about the correct terminology for their body parts including penis, testicles, nipples and vagina. They will discuss which body parts belong to males, which belong to females and which belong to both. They will discuss the term, 'private parts' and why we often refer to them as such and who it is ok/not ok to talk to about them. They also discuss other names used for these parts but that we feel it is important that they know the correct words too.</p> <ul style="list-style-type: none"> ● NSPCC PANTS resources used

<p>5. Learning and Growing Understanding that every time they learn something new, they change a little bit.</p>	<p>Using drawn petals on a flower, the children will place images of human development. Everytime we learn something new, we add a little bit onto ourselves, like adding a petal to a flower. They will then complete the task again but this time, they will add things that they have learnt on to each petal eg. learned to talk, how to ride a bike etc. As we grow older, we continue to learn new things and grow a little bit in ourselves.</p>
<p>6. Coping with Changes Discussing changes that have happened in their lives and strategies to use to help us deal with changes.</p>	<p>The children will share the story, 'Moving Molly' by Shirlie Hughes. They will discuss the feelings of Molly and how she dealt with big changes. The children will discuss some different scenarios that might bring change in their life eg. the arrival of a baby sibling, starting a new school, losing a pet etc. They will then write about a change that has happened to them, how they felt about it and how they coped.</p>

- Staff will use the **NSPCC PANTS** resources to deliver a session which focuses on 'private parts' and who should/ should not be asking to see them. It teaches the children that what is inside their pants belongs to only them and they should say, 'No' to anyone who asks to see them or wants to touch them in this area. Teachers will discuss scenarios where they might need to show their genitals to a trusted adult and why. Parents can find the NSPCC PANTS song on the internet should they wish to view it or discuss it further with their children at home.