

Year 1 Jigsaw PSHE content Summer Term 2 Changing Me

This half term, our PSHE covers the topic 'Changing Me'.

If you wish to discuss the content and resources of this curriculum, please do not hesitate to contact your child's teacher.

Changing Me	
Lesson 1	Growing from young to adult Children will learn about the different stages of a human life cycle– baby, toddler, child, teenager, and adult and put them in order.
Lesson 2	Changes This lesson allows children to notice changes that take place when people grown from a baby to an adult e.g., learning to walk and talk, growing taller
Lesson 3	How does our body change as we grow? Children will learn and think about changes that happen to our body as we grow: growing taller, replacing milk teeth, gaining wrinkles in the skin
Lesson 4	Naming parts of the body and understand which parts of the body are private. They will also be taught which parts of our body are private (those covered by underwear) and what this means. (At home, some parents find the NSPCC PANTS resources a useful way to discuss this with their children https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/)
Lesson 5	How we grow and change Children will consider developmental changes as we grow such as being able to do things more independently, learning to read and write and so on.
Lesson 6	Feelings around change and transition Children will think about changes that may be coming in the year ahead and how they feel about moving on into a new year group.