PSHE – Year 1 – Summer Term

Relationships – Unit 5

Changing Me – Unit 6

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| Prior Learning | | |
| EYFS Objectives Covered  Y1 Units – Being Me In My World Unit 1  Celebrating Difference Unit 2  Dreams And Goals Unit 3  Healthy Me Unit 4 | | |
| Key vocabulary for this unit | | |
| **Relationships unit 5**  Family Friends Friendship Qualities Caring Sharing  Kind Belong Different Same  Help Helpful Community Feelings  Confidence Praise Qualities Skills Self- belief Incredible Proud | | **Changing Me unit 6**    Life cycle Adult Grown up  Baby Growing up Adult Mature Change  Male Female Vagina Vulva Penis Testicles  Learn New Grow  Change Feelings Anxious Worried Excited Coping |
| Learning Sequence | | |
| **Relationships** |  | |
| **Families** | * To identify the members of my family and understand that there are lots of different types of families | |
| **Making Friends** | * To identify what being a good friend means to me | |
| **Greetings** | * To know appropriate ways of physical contact to greet my friends and know which ways I prefer | |
| **People who help us** | * To know who can help me in my school community | |
| **Being My Own Best Friend** | * To recognise my qualities as person and a friend | |
| **Celebrating My Special Relationships** | * To say why I appreciate someone who is special to me | |
| **Changing Me** |  | |
| **Life cycles** | * To start to understand the life cycles of animals and humans | |
| **Changing Me** | * To tell you some things about me that have changed and some things about me that have stayed the same | |
| **My Changing Body** | * To say how my body has changed since I was a baby | |
| **Boys’ and Girls’ Bodies** | * To identify the parts of the body that make boys different to girls and can use the correct names for these | |
| **Learning and Growing** | * To understand that every time I learn something new I change a little bit | |
| **Coping with Changes** | * To be able to talk about changes that have happened in my life | |
| Assessment milestones | | |
| **Relationships**   * To explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. * To explain how my qualities help these relationships. | | **Changing Me**   * I can compare how I am now to   when I was a baby and explain some of the changes that will happen to me as I get older. |