PSHE – Year 1 – Summer Term

Relationships – Unit 5

Changing Me – Unit 6

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| Prior Learning  |
| EYFS Objectives CoveredY1 Units – Being Me In My World Unit 1Celebrating Difference Unit 2Dreams And Goals Unit 3Healthy Me Unit 4 |
| Key vocabulary for this unit |
| **Relationships unit 5**Family Friends Friendship Qualities Caring SharingKind Belong Different SameHelp Helpful Community FeelingsConfidence Praise Qualities Skills Self- belief Incredible Proud | **Changing Me unit 6** Life cycle Adult Grown upBaby Growing up Adult Mature ChangeMale Female Vagina Vulva Penis TesticlesLearn New GrowChange 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. |