

Overview Year 1 Personal, Social, Health, Sex and Relationships

Weekly Celebration	Pieces & Vocabulary	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. Life cycles <ul style="list-style-type: none"> ● <i>Changes</i> ● <i>Life cycle</i> ● <i>Baby</i> ● <i>Adulthood</i> 	I am starting to understand the life cycles of animals and humans	I understand that changes happen as we grow and that this is OK
Can express how they feel when change happens	2. Changing Me <ul style="list-style-type: none"> ● <i>Change</i> ● <i>Life cycle</i> ● <i>Baby Adult</i> ● <i>Grown up</i> 	I can tell you some things about me that have changed and some things about me that have stayed the same	I know that changes are OK and that sometimes they will happen whether I want them to or not
Understand and respect the changes that they see in themselves	3. My Changing Body <ul style="list-style-type: none"> ● <i>Baby</i> ● <i>Growing up</i> ● <i>Adult</i> ● <i>Change</i> 	I can tell you how my body has changed since I was a baby	I understand that growing up is natural and that everybody grows at different rates
Understand and respect the changes that they see in other people	4. Boys' and Girls' Bodies <ul style="list-style-type: none"> ● <i>Male</i> ● <i>Female</i> ● <i>Penis</i> ● <i>Testicles</i> ● <i>Vulva</i> 	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus	I respect my body and understand which parts are private

	<ul style="list-style-type: none"> • <i>Vagina</i> • <i>Anus</i> 		
Know who to ask for help if they are worried about change	<p>5. Learning and Growing</p> <p>Puzzle Outcome: Piece 5 Flowers</p> <ul style="list-style-type: none"> • <i>Learn</i> • <i>New</i> • <i>Grow</i> • <i>Change</i> 	I understand that every time I learn something new I change a little bit	I enjoy learning new things
Are looking forward to change	<p>6. Coping with Changes</p> <p>Assessment Opportunity</p> <ul style="list-style-type: none"> • <i>Change</i> • <i>Feelings</i> • <i>Anxious</i> • <i>Worried</i> • <i>Excited</i> • <i>Coping</i> 	I can tell you about changes that have happened in my life	I know some ways to cope with changes