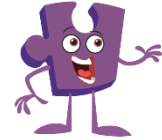




# YEAR ONE



The Jigsaw 'Changing Me' materials will be delivered to all classes as a daily focus during the week commencing Monday 26th June 2023. During this week, children will receive the teaching from their current year group and the teaching from their previous year group to ensure that important concepts are not missed and that we are retaining a curriculum that builds upon previous knowledge. All lessons are delivered by familiar school staff to ensure that the safe and secure learning environment that has been established across the school year can be maintained.

## Life Cycles

Children will think about the lifecycle of a frog and compare this with the lifecycle of a human from baby to adult.

### **Key Questions**

How long does it take to grow up?  
Do we all grow at the same rate?  
What changes happen?  
What do you most like about being you now?  
What do you want to be when you grow up?

### **Key Vocabulary**

Changes  
Life cycle  
Baby  
Adult hood

## Changing Me

During this session, children will explore the changes they have experienced from being a baby until now. They will reflect upon particular changes at different ages.

### **Key Questions**

How have you changed since you were a baby?  
What can you do now that you couldn't do when you were a toddler?  
What can you now on your own that you used to need help with?

### **Key Vocabulary**

Change  
Life cycle  
Baby  
Adult  
Grown up

## My Changing Body

Children will reflect on the process of growing from baby to child. Children will discuss the different rates of change and growth in our bodies and that we are all different.

### **Key Questions**

How much have we all changed since we were babies?  
How have our bodies changed?  
How have our abilities changed?  
How long does it take to grow up?

### **Key Vocabulary**

Baby  
Growing up  
Adult  
Mature  
Change

### Boys and Girls Bodies

During this session, children will develop an understanding of the differences between boys' bodies and girls' bodies. Children will explore the NSPCC PANTS rule and discuss that some parts of our bodies are private. Children will see child-friendly outline drawings.

#### **Key Questions**

Which parts of our bodies do we keep private?  
When is it alright for us to talk about our private parts? What names should we use?  
If we are feeling worried, scared or hurt, what should we do?

#### **Key Vocabulary**

Male  
Female  
Vagina  
Penis  
Testicles  
Vulva  
Anus

### Learning and Growing

During this session, children development their understanding of changes through learning.

#### **Key Questions**

What have you learnt to do that you couldn't do when you were a baby?

#### **Key Vocabulary**

Learn  
New  
Grow  
Change

### Coping with Changes

Children will reflect upon the changes that have happened in the lives and discuss ways in which they can cope with changes.

#### **Key Questions**

What changes have already happened to you?  
What changes might be coming up?  
How do you feel about them?  
Why are some changes better than others?

#### **Key Vocabulary**

Change  
Feelings  
Anxious  
Worried  
Excited  
Coping

### **Key Vocabulary and Links to the National Curriculum for Science in Year 1**

Penis, testicles and anus for boys  
Vulva, vagina and anus for girls  
Breasts and nipples

This vocabulary is in line with the school policy, and will be used exclusively by staff throughout the school. Children will not be corrected if they use other terms, as long as they are appropriate, however staff will use these terms if and when referring to these body parts.

**All of our PHSE and RSHE lessons are taught in line with our PSHE and RSE policies which can be found on the school website.**

**Should you have any questions or queries regarding the teaching of the Relationships, Sex and Health Education curriculum, please speak to your child's class teacher in the first instance. Mrs Duxbury (PSHE Lead and Head of School) is also available to discuss any issues arising with you.**