

Newquay Primary Academy – Summer Term 2 Sequence – PHSE



INTENT

RECEPTION
Changing me: Coping positively with change
Prior knowledge... Children have learnt what to do if they are feeling worried.

Children are encouraged to think about how they have changed from being a baby and what may change for them in the future. They consolidate the names and functions of some of the main parts of the body and discuss how these have changed. They learn that our bodies change as we get older in lots of different ways. Children understand that change can bring about positive and negative feelings, and that sharing these can help. They also consider the role that memories can have in managing change.

Eye, foot, eyebrow, forehead, ear, mouth, arm, leg, chest, knee, nose, tongue, finger, toe, stomach, hand, baby, grown-up, adult, change, worry, excited, memories.

1. I can name parts of the body.
2. I can tell you some things I can do and foods I can eat to be healthy.
3. I understand that we all grow from babies to adults.
4. I can express how I feel about moving to Year 1.
5. I can talk about my worries and/or the things I am looking forward to about being in Year 1.
6. I can share my memories of the best bits of this year in Reception.

VOCABULARY / STICKY KNOWLEDGE

YEAR 1
Changing me: Coping positively with change
Prior knowledge... Children have learnt the main body parts and how their bodies have changed from being a baby. Children have learnt what to do if they are feeling worried.

Children are introduced to life cycles and identify the different stages. They compare this with a human life cycle and look at simple changes from baby to adult e.g. getting taller, learning to walk etc. They discuss how they have changed so far and that people grow up at different rates. As part of a school's safeguarding duty, pupils are taught the correct words for private parts of the body (those kept private by underwear: vagina, anus, penis, testicles, vulva). They are also taught that nobody has the right to hurt these parts of the body. Change is discussed as a natural and normal part of getting older which can bring about happy and sad feelings. Children practise a range of skills to help manage their feelings and learn how to access help if they are worried about change, or if someone is hurting them.

Changes, life cycles, baby, adult, adulthood, grown-up, mature, male, female, vagina, penis, testicles, vulva, anus, learn, new, grow, feelings, anxious, worried, excited, coping.

1. I am starting to understand the life cycles of animals and humans.
2. I can tell you some things about me that have changed and some things about me that have stayed the same.
3. I can tell you how my body has changed since I was a baby.
4. 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.
5. I understand that every time I learn something new I change a little bit.
6. I can tell you about changes that have happened in my life.

SEQUENCE OF LESSONS

YEAR 2
Changing me: Coping positively with change
Prior knowledge... Children have looked at the life cycle of a human and how these changes may effect our feelings.

In this Puzzle, children look at different life cycles in nature including that of humans. They reflect on the changes that occur between baby, toddler, child, teenager, adult and old age. Within this, children also discuss how independence, freedoms and responsibility can increase with age. As part of a school's safeguarding duty, pupils are re-taught the correct words for private parts of the body (those kept private by underwear: vagina, anus, penis, testicle, vulva). They are also reminded that nobody has the right to hurt these parts of the body, including a lesson on inappropriate touch and assertiveness. Children practise a range of strategies for managing feelings and emotions. They are also taught where they can get help if worried or frightened. Change is taught as a natural and normal part of growing up and the range of emotions that can occur with change are explored and discussed.

Change, grow, control, life cycle, baby, adult, fully grown, growing up, old, young, change, respect, appearance, physical, baby, toddler, child, teenager, independent, timeline, freedom, responsibilities, male, female, vagina, penis, testicles, vulva, anus, public, private, touch, texture, cuddle, hug, squeeze, like, dislike, acceptable, unacceptable, comfortable, uncomfortable, looking forward, excited, nervous, anxious, happy

1. I can recognise cycles of life in nature.
2. I can tell you about the natural process of growing from young to old and understand that this is not in my control.
3. I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.
4. I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private.
5. I understand there are different types of touch and can tell you which ones I like and don't like.
6. I can identify what I am looking forward to when I move to my next class.

OUTCOME / COMPOSITE

To consider their feelings and those of others. I can express my worries and reflect on my time in Joshua class.

To begin to understand human life cycles and how our bodies change and identify the parts of the body that make boys different to girls.

To recognise how my body has changed since I was a baby and understand the different types of touch.