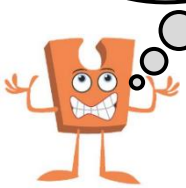
Y1 PSHE Knowledge Organiser

UNIT 6: Changing Me

How can I cope positively with change?



My Key Learning

I will explore...

- How I feel about change
- Why change happens and is a part of growing up
- The changes that everyone will go through at different rates
- How to respect my body and know which body parts are private
- How to cope with change

Key Vocabulary
adult
baby
changes
coping
female
life cycles
male
private

I will learn about...

- The life cycle of animals and humans
- How I change as I get older
- The things about me that stay the same
- Changes that have happened in my life