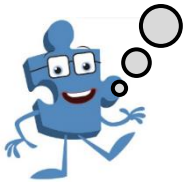
Y4 PSHE Knowledge Organiser

UNIT 6: Changing Me

How can I cope positively with change?



My Key Learning

I will explore...

- How I am a unique human being
- The personal choice of having a baby
- The physical and emotional changes I may experience during puberty
- How to try and make changes that will benefit me
- How to express my feelings, such as fears and concerns about change
- How to manage feelings positively

I will learn about...

- Personal characteristics and how some may have come from my birth parents
- Internal and external parts of male and female bodies
- The responsibilities of parenthood
- Puberty and menstruation
- The circle of change and changes I can have some control over
- Changes that are outside of my control and strategies I can use to cope with these

Key Vocabulary	Definition
acceptance	The act of agreeing or understanding something
characteristics	A typical or noticeable quality of someone
emotions	A strong feeling, such as love, anger or fear.
gene	A part of the DNA in a cell that is passed on from parents
hormones	Chemicals in the body that influence the body's growth and how it works.
menstruation	The flow of blood from a woman's womb.
periods	The process of blood coming from the womb.
personal	Something that relates to a single person.
unique	The only one of its kind.