

Parsonage Farm Nursery and Infant School

Year 1

PSHE - Growing and changing

Summer 2

Knowledge

- ❖ Can name an adult they can talk to at both home and school if they need help, with friendships, learning or about their body, including their private parts.
- ❖ Understand that the body gets energy from food, water and air.
- ❖ Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding.
- ❖ Identify things they could do as a baby, a toddler and can do now.
- ❖ Can name body parts girls and boys have that are the same and know which body parts are different.



Safeguarding

- ❖ Can identify trusted adults they can talk to (at home and in school), who will help keep them safe.
- ❖ Knows the names of their private parts and is confident to use these words.

Prior Knowledge (Year R)

- ❖ Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.

Skills

- ❖ Talk about some things that babies need.
- ❖ Talk about what they can do now that they couldn't do as a toddler and some things that they are still learning to do.
- ❖ Talk about how safe secrets and surprises make them feel and who to talk to if they are worried.

Key Vocabulary

- ❖ energy
- ❖ air/oxygen
- ❖ change
- ❖ growing
- ❖ size
- ❖ height
- ❖ needs
- ❖ caring
- ❖ love
- ❖ attention
- ❖ needs
- ❖ bully/bullying
- ❖ witness
- ❖ experience
- ❖ surprise
- ❖ secret
- ❖ uncomfortable
- ❖ private
- ❖ penis
- ❖ vulva
- ❖ doctor
- ❖ private places
- ❖ my body is mine (body autonomy)