



St Andrew's C of E Maghull

P.S.H.E Knowledge Organiser

Year 2 – Summer 2 – Growing and Changing



Key Knowledge

- Some feelings feel good inside and others can feel uncomfortable
- Smiling can help us feel happier
- Feeling happy to be ourselves is important
- There are things we can do if we are feeling unhappy or cross
- It is important to share our comfortable and uncomfortable thoughts and feelings with people we trust
- We can tell how someone else is feeling by looking at their face and body language
- It is important to learn about our feelings and how we can cope with them
- Change helps us grow and can bring great things to our lives
- Change and loss can feel uncomfortable. That is OK.
- Goals are things we work towards to achieve
- It is helpful to have goals for the future
- People's hopes and ambitions for the future may be different
- Aspirations are things we hope to achieve in the future
- It is important to look back on our learning and be proud
- We can all learn from our mistakes
- You can attempt different challenges in different ways
- Perseverance means not giving up
- A positive learning attitude helps us learn from mistakes and improve.
- Always remember your body belongs to you and you can choose what happens with your body
- Some parts of our body are private. That means no one should be allowed to see or touch them without permission
- We respect others by allowing them to keep their body parts private
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Vocabulary

Caring – Displaying kindness and concern for others
 Attention – Taking notice of someone or something.
 Change – The act or process through which something becomes different
 Growing – Undergoing natural development by increasing in size and changing physically
 Surprise – An unexpected or astonishing event
 Secret – Something that is kept or meant to be kept unknown or unseen by others.
 Uncomfortable – Causing or feeling unease or awkwardness
 Feedback – Helpful information
 Positive – A good or useful feature or quality.
 Personal – Something private to somebody.

Lesson Sequence

Lesson 1

I can demonstrate ways to give positive feedback to others.

Lesson 2

I can recognise the range of feelings that are associated with losing.

Lesson 3

I can identify the stages of growth and describe what people are capable of at different stages.

Lesson 4

I can identify which parts of our bodies are private and explain how they can be used to make babies when you are grown up.

Lesson 5

I can explain what privacy means and know that we have private belongings.

Lesson 6

I can identify how inappropriate touch can make someone feel and understand secrets and surprises.