



St Andrew's C of E Maghull  
 PSHE Knowledge Organiser  
 Year 1 – Summer 2 – Growing and Changing



**Knowledge: I know...**

Some feelings feel good inside and others can feel uncomfortable.  
 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.  
 There are 6 major internal parts of our body: the brain, heart, lungs, blood, stomach and intestines.  
 Babies need eye contact, cuddling, washing, changing and feeding.  
 I know that the things I could do at birth are different to now, and when I was a toddler.  
 Teasing is when you are wanting a reaction out of someone when you are annoying them.  
 I know if I witness bullying that I can go to any adults I trust.  
 Secrets can make people feel uncomfortable sometimes and I can go to trusted adults if I feel this way.

**Vocabulary:**

Internal – Something on the inside.  
 Basic need – What a person needs in order to live.  
 Change – When something becomes different.  
 Growing – Increasing in size and changing physically.  
 Surprise – An unexpected event.  
 Secret – Something that is kept unknown or unseen by others.  
 Toddler – A young child between the ages of one and three.  
 Bullying – When someone is repeatedly picked on.  
 Teasing – To make fun of someone.  
 Witness – Someone who sees something happen.

**Lesson Sequence:**

**Lesson 1:** I know there are six major internal parts of my body.  
**Lesson 2:** I know about the basic needs of a baby.  
**Lesson 3:** I know that the things I could do at birth are different to now, and when I was a toddler.  
**Lesson 4:** I know what teasing is and I know if I witness bullying that I can go to any adults I trust.  
**Lesson 5:** I know the difference between a surprise and a secret and why a secret can make someone feel uncomfortable.  
**Lesson 6:** I can identify parts of the body that are private and I know ways in which private parts can be kept private.

