

Eldersfield Lawn C.E. Primary School P.S.H.E. (Sex, Relationships Education): Changing Me Year 1 and 2

(Cycle 1 Summer 2023)

At Eldersfield Lawn, we use the 'Jigsaw' scheme of learning to teach P.S.H.E and Sex and Relationships education. Jigsaw has a progressive, spiral structure and is taught through a mindful approach. The lessons ensure learning from previous years is revisited and extended, by introducing new concepts, knowledge and skills year on year appropriately. To support parents in understanding the content and delivery of the SRE element for your child's year group/class, we have included the Key Vocabulary from the Changing Me unit of work as well as the objectives we will cover.

Objectives which are covered within this unit of work include:

• Know the names of male and female private body parts • Know that there are correct names for private body parts and nicknames, and when to use them • Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these • Know who to ask for help if they are worried or frightened • Know that animals including humans have a life cycle • Know that changes happen when we grow up • Know that people grow up at different rates and that is normal • Know that learning brings about change	• Know the physical differences between male and female bodies • Know that private body parts are special and that no one has the right to hurt these • Know who to ask for help if they are worried or frightened • Know there are different types of touch and that some are acceptable and some are unacceptable • Know the correct names for private body parts • Know that life cycles exist in nature • Know that aging is a natural process including old age • Know that some changes are out of an individual's control • Know how their bodies have changed from when they were a baby and that they will continue to change as they age
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Vocabulary: Changes, Life cycles, Adulthood, Mature, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping. Change, Grow, Control, Fully grown, Growing up, Old, Young, Change, Respect, Appearance, Physical, Baby, Toddler, Child, Teenager, Independent, Timeline, Freedom, Responsibilities, Vagina, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Looking forward, Nervous, Happy.