

Year 1 "Changing Me" Relationships and Sex Education at Burford Primary School

Theme	Lesson Content & vocabulary	PSHE learning intention	Social & Emotional Development Learning Intention
<p>Understand that everyone is unique and special</p> <p>Relationships Ed</p>	<p>Life cycles</p> <ul style="list-style-type: none"> Changes Life cycle Baby Adulthood 	<p>I am starting to understand the life cycles of animals and humans</p>	<p>I understand that changes happen as we grow and that this is OK</p>
<p>Can express how they feel when change happens</p> <p>Health Education Relationships Ed</p>	<p>Changing Me</p> <ul style="list-style-type: none"> Change Life cycle Baby Adult Grown up 	<p>I can tell you some things about me that have changed and some things about me that have stayed the same</p>	<p>I know that changes are OK and that sometimes they will happen whether I want them to or not</p>
<p>Understand and respect the changes that they see in themselves</p> <p>Health Education Relationships Ed</p>	<p>My Changing Body</p> <ul style="list-style-type: none"> Baby Growing up Adult Change 	<p>I can tell you how my body has changed since I was a baby</p>	<p>I understand that growing up is natural and that everybody grows at different rates</p>
<p>Know who to ask for help if they are worried about change</p> <p>Health Education Relationships</p>	<p>Learning and Growing</p> <ul style="list-style-type: none"> Learn New Grow Change 	<p>I understand that every time I learn something new I change a little bit</p>	<p>I enjoy learning new things</p>
<p>Are looking forward to change</p> <p>Health Education</p>	<p>Coping with Changes</p> <ul style="list-style-type: none"> Change Feelings Anxious Worried Excited Coping 	<p>I can tell you about changes that have happened in my life</p>	<p>I know some ways to cope with changes</p>