



Year 1 – Growing and Changing

Knowledge Organiser

Recap and Overview

We are learning about our bodies and our relationships with ourselves and others. We are focusing on how these things grow and change over time.

You should already know that: Our body is important and we need to look after it! There are special people in our lives who help and support us.

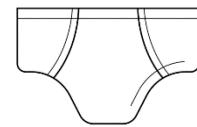
We should always try to be kind to other people. It is nice to build strong relationships with other people, as we can help one another.

-We have many different body parts, which change and grow with us. Each body part has a different job to do.

-We should try to keep our private parts (the parts inside our pants) private.

RSE

Keeping Privates Private



-There are some parts of your body that are private – this means that they are only for you.

-This includes the body parts in our pants, called our genitals (which is why we cover them up).

-The name for the boys' genitals is penis and the name for the girls' genitals is vulva.

-When we go to the toilet, we should shut the door, so that no one else can see our private parts.

Healthy Relationships

Special People

-Special people are the people who are important in our lives.

-Special people may help us or take care of us. We don't always get along with the special people in our lives, but this does not mean that we don't care about each other!

Surprises and Secrets

-A surprise is when something happens that someone wasn't expecting.

-A secret is when someone tells us not to tell about something. Unlike happy surprises, secrets can sometimes be bad. Our bodies can tell us when something isn't right (e.g. feeling sick, going red).

Unkindness, Teasing and Bullying

-Unkind: When someone says something that is not nice, but they do this only once.

-Tease: When someone makes fun of or jokes about someone but only once.

-Bully: When someone is repeatedly unkind or hurtful to another person.

Knowing our Bodies

How Have We Changed?

-Even though you are still young, you have already changed in many ways since you were a baby!

Baby: Very small. Cannot walk or talk. Needs parents to feed them. Only drinks milk.

Toddler: Has grown bigger and taller. Learning to walk and talk. Starting to feed themselves. Trying more food – mainly soft foods.

Year 1/ 2 Child: Grown even bigger and taller! Can now walk and talk easily (and read and write!) Can feed themselves. Can eat lots of different foods.

Key Vocabulary

organ	toddler	vulva
Intestines	child	penis
heart	adult	privates
lungs	change	secret
stomach	trust	surprise

We will be learning to...

- Name major internal body parts (heart, lungs, blood, stomach, intestines, brain);
- Understand and explain the simple bodily processes associated with them;
- Understand some of the tasks required to look after a baby;
- Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding.
- Identify things we could do as a baby, a toddler and can do now;
- Identify the people who help/helped us at those different stages.
- Explain the difference between teasing and bullying;
- Give examples of what they can do if they experience or witness bullying;
- Say who they could get help from in a bullying situation.
- Explain the difference between a secret and a nice surprise;
- Identify situations as being secrets or surprises;
- Identify who we can talk to if we feel uncomfortable about any secret we are told, or told to keep.
- Identify parts of the body that are private;
- Describe ways in which private parts can be kept private;
- Identify people we can talk to about their private parts.

Key Resources



Skills

Getting help	I can identify an adult who I can talk to, either at home or at school, if I need help.	I can identify an adult I can talk to at both home and school, if I need help.	I can identify a range of adults in my life that I can trust and ask for help.
Becoming independent	I can tell you some things that I can do now that I couldn't do when I was a baby.	I can tell you some things I can do now that I couldn't do when I was a toddler.	I can tell you a range of things that I can do now that I couldn't do last year and some things that I am still learning to do.
Body parts	I can name some body parts which are inside my body and some which are outside.	I can tell you what some of my body parts do.	I can tell you which body parts girls and boys have that are the same and which body parts are different.