

Year 2 – 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. We should use our words to try and encourage and support other people, and think of ways to help others.

-We are all unique, and this is a good thing! This includes our bodies. Some parts of our bodies are private and other people do not have a right to see/ touch them.

-We also have a right to keep private belongings and information private from others.

Basic First Aid

This is the help and care that we can give to someone who is sick or injured, before full medical help arrives.

-We should learn to spot dangers, so that there is less chance of accidents happening.

-When we see that someone is badly hurt or sick, we should call 999 for the emergency services.

-You can find out more about the expectations for Year 1 and Year 2 children in the 'Stay Safe' section of the Red Cross 'Life. Live It' website. <https://lifeliveit.redcross.org.uk/>

Healthy Relationships

Loss

-It can be very upsetting to lose things. When we lose something, we may feel scared, anxious, nervous or worried. It is natural to feel this way. Sometimes people who are close to us move away and we feel a sense of loss. We can keep in touch with them by phone, video call, letter, message, visiting etc.

A Helping Hand

-We should always try to be kind to other people. It can make them and us feel good and be happy.

- It is important to think about what other people need in order to be happy and do their best. Some ideas to help them include: Sharing, returning things, taking turns, listening, helping others, being kind and compassionate.

-Your words are very powerful – use them to support and encourage people. (e.g. 'you can do it' or 'that was a great try').

Knowing our Bodies

-Every person is unique (different from everyone else) and special. This is the case for our bodies, too.

-Even though we mostly have the same body parts, nobody looks exactly the same (even identical twins have some differences!)

-We should be able to name some body parts that we can see when someone is wearing clothes e.g. head, eyes, arms, nose, fingers, mouth.

-There are also some body parts that we can see when someone is wearing their swimming costume or shorts e.g. knees, belly button, nipples (for boys)

-There are also some body parts that remain covered in front of everyone else:

-Boys – penis, testicles, bottom

-Girls – vulva, bottom, nipples

These are your private parts. No one else has a right to touch/look at them. They belong to you.

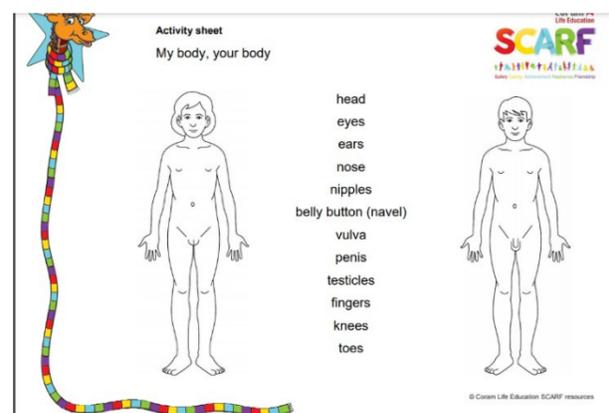
Key Vocabulary

emergency	toddler	vulva
accident	child	penis
first aid	adult	testicles
danger	private	nipples
hazard	loss	genitals

We will be learning to...

- Show simple ways of giving positive feedback to others.
- Recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to.
- Identify different stages of growth (e.g. baby, toddler, child, teenager, adult);
- Understand and describe some of the things that people are capable of at these different stages.
- Identify which parts of our body are private
- Explain that our genitals help us make babies when we are older
- Understand that we mostly have the same body parts but how they look is different from person to person.
- Explain what privacy means
- Know that you are not allowed to touch someone's private belongings without their permission
- Give examples of different types of private information.

Key Resources



Skills

Life cycles	I can tell you some things that help us grow (e.g. food, rest and sleep, care).	I can tell you who helps us grow (people who look after us) and what things I can now do myself that I couldn't when I was younger.	I can tell you what I am looking forward to when I am older (at 10 years and again at 21 years old).
Dealing with loss	I can give examples of how it feels when you lose something.	I can give examples of how it feels when you have to say goodbye to someone or something (e.g. move house).	I can suggest ways of keeping in touch with someone if they move away.
Being supportive	I can give examples of how to give support to someone.	I can give examples of how to give feedback to someone.	I can explain the difference between positive feedback and constructive support.