



YEAR ONE



The Jigsaw 'Changing Me' materials will be delivered to all classes as a daily focus during the week commencing Monday 1st June 2026. During this week, children will receive the teaching from their current year group and the teaching from their previous year group to ensure that important concepts are not missed and that we are retaining a curriculum that builds upon previous knowledge. All lessons are delivered by the usual classroom team to ensure that the safe and secure learning environment that has been established across the school year can be maintained.

<u>Life Cycles</u> Children will think about the lifecycle of a frog and compare this with the lifecycle of a human from baby to adult.	
Key Questions How long does it take to grow up? Do we all grow up at the same rate? What changes happen? What do you most like about being you now? What do you want to be when you grow up?	Key Vocabulary Changes Life cycle Baby Adulthood Growth Change
<u>Changing Me</u> During this session, children will explore the changes they have experienced from being a baby until now. They will reflect upon particular changes at different ages.	
Key Questions How do we change when we grow up? Can we feel the changes as we grow up? How have you changed since you were a baby? What can you do now that you couldn't do when you were a toddler? What can you now on your own that you used to need help with?	Key Vocabulary Change Life cycle Baby Adult Grown up
<u>My Changing Body</u> Children will reflect on the process of growing from baby to child. Children will discuss the different rates of change and growth in our bodies and that we are all different.	
Key Questions How much have we all changed since we were babies? How have our bodies changed? How have our abilities changed? How long does it take to grow up? Do we all grow at the same rate?	Key Vocabulary Baby Growing up Adult Change

Boys and Girls Bodies

During this session, children will develop an understanding of the differences between boys' bodies and girls' bodies. Children will explore the NSPCC PANTS rule and discuss that some parts of our bodies are private. Children will see age-appropriate outline drawings.

Key Questions

How can we tell who's a boy and who's a girl?
How do you tell the difference between a boy and a girl?
What are the right names for the body parts that make boys and girls different?
If we are worried, or feeling scared or hurt, what should we do?
Which of our body parts do we normally keep private?
When is it all right for us to talk about our 'private' parts, and what names should we use?

Key Vocabulary

Male
Female
Vagina
Penis
Testicles
Vulva
Anus
Nipples
Breasts

Learning and Growing

During this session, children develop their understanding of changes through learning.

Key Questions

What have you learnt to do that you couldn't do when you were a baby?

Key Vocabulary

Learn
New
Grow
Change

Coping with Changes

Children will reflect upon the changes that have happened in the lives and discuss ways in which they can cope with changes.

Key Questions

Who can you talk to when you want to share your worries?
What changes have already happened to you?
What changes might be coming up?
How do you feel about those?
Why are some changes better than others?
What feelings might somebody get if the change was a sad one?
What could they do to make themselves feel better?

Key Vocabulary

Change
Feelings
Anxious
Worried
Excited
Coping

Key Vocabulary and Links to the National Curriculum for Science in Year 1

Penis, testicles and anus for boys

Vulva, vagina and anus for girls

Breasts and nipples

This vocabulary is in line with the school policy, and will be used exclusively by staff throughout the school. Children will not be corrected if they use other terms, as long as they are appropriate, however staff will use these terms if and when referring to these body parts.

All of our PHSE and RSHE lessons are taught in line with our PSHE and RSE policies which can be found on the school website.

Should you have any questions or queries regarding the teaching of the Relationships, Sex and Health Education curriculum, please speak to your child's class teacher in the first instance. Mrs Duxbury (Principal) and Mr Barber (Deputy Head) can also be available to discuss any issues arising with you. once you have liaised with your child's class teacher.