**PSHE Term 6**

**Changing Me**

**Year 1**

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| **Piece**  | **Year group** | **Session**  |  |
| **1: Lifecycles** | **1** | I am starting to understand the life cycles ofanimals and humans.I understand that changes happen as we grow and that this is OK. |
| **2:Changing Me** | **1** | I can tell you some things about me that have changed and some things about me that have stayed the same. I know that changes are OK and thatsometimes they will happen whether I wantthem to or not. |
| **3: My Changing Body** | **1** | I can tell you how my body has changed since I was a baby. I understand that growing up is natural andthat everybody grows at different rates. |
| **4: Learning and Growing** | **1** | I understand that every time I learn something new I change a little bit.I enjoy learning new things |
| **5: Coping with Changes** | **1** | I can tell you about changes that havehappened in my life. I know some ways to cope with changes. |