**PSHC 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 of  animals 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 that  sometimes they will happen whether I want  them 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 and  that everybody grows at different rates. | |
| **OMIT LESSON 4** | | | |
| **5: Learning and Growing** | **1** | I understand that every time I learn something new I change a little bit.  I enjoy learning new things | |
| **6: Coping with Changes** | **1** | I can tell you about changes that have  happened in my life.  I know some ways to cope with changes. | |