

Health and Wellbeing: Growing and Changing

	Lesson 1	Lesson 2	Lesson 3	Lesson 4
NURSERY Body parts; changing	I am learning that I am unique and special Know the names of my body parts Identify my physical features Know that I might have different physical features to my friend	I am learning that I am unique and special Name some of the things I like to do Name some of the things that I dislike Know that my likes and dislikes might be the same or different to my friend	I am learning about different kinds of feelings Know the names different feelings Recognise and name some of the feelings I have	I am learning about different kinds of feelings Explain how feelings can make our bodies feel inside Know some ways to help
RECEPTION Body parts; changing; what makes me unique	I am learning that I am unique and special Identify my physical features Identify other people's physical features Identify similarities and differences in physical features between people Identify how I have changed since being a baby	I am learning that I am unique and special Identify my likes and dislikes Know that my likes and dislikes might be the same or different to other people Describe what makes me special Name something that I am good at	I am learning about different kinds of feelings Know the names different feelings Recognise and name some of the feelings I have Explain how feelings can make our bodies feel inside	I am learning about different kinds of feelings Explain how feelings can make our bodies feel inside Describe how other's might be feeling Know some of ways to help other people
YEAR 1 Recognising what makes them unique and special; feelings; managing when things go wrong	I am learning that I am unique and have special qualities Recognise my individual features and attributes Identify my interests, likes and dislikes Identify what I am good at Describe what makes me special	I am learning to that I am the same and different to others Identify physical features that make us the same and different Identify special qualities that make us different Recognise that everyone has different likes and dislikes Recognise that everyone is good at something	I am learning about different kinds of feelings Know the names different feelings Recognise and name some of the feelings I have Explain how feelings can make our bodies feel inside Describe how other's might be feeling	I am learning to know what to do when I am finding things difficult Identify feelings that are good and not so good Recognise that people feel differently about things and situations Talk about what can change our feelings Suggest things that can help us to feel better Identify who can help me with feelings Know how I help others
Resources	PSHE>Teaching Resources>Growing and Changing>Growing and Changing Yr1 L1	PSHE>Teaching Resources>Growing and Changing>Growing and Changing Yr1 L1	PSHE> Teaching Resources>Growing and Changing> Growing and changing Feelings Y1 1 L3 + 4 See lesson plans and resources to support	PSHE> Teaching Resources>Growing and Changing> Growing and changing Feelings Y1 1 L3 + 4 Growing and changing Feelings Y 1 L4 See lesson plans and resources to support
YEAR 2 Growing older; naming body parts; moving class or year	I am learning about how we change as we grow Know the main stages of the human life cycle (baby, child, adult) Know the process of growing takes time Describe what changes when people grow from young to old Identify ways children our age might be more independent now than when they were younger	I am learning to identify and name parts of my body including genitalia Describe similarities and differences between myself and others (boys and girls) Recognise and use the correct names for main parts of the body Recognise that some parts of the body are private	I am learning about change as people grow up, including new opportunities and responsibilities Know that we change as we grow up Know some of the new opportunities as I grow up Know some of the new responsibilities as I grow up	I am learning how to manage feelings about moving to a new class Identify feelings children might have about moving to a new class Recognise that there can be good things, as well as difficult things about change Explain ways to positively manage the move to a new class
Resources	PSHE>Teaching Resources>Growing and Changing>Year 2> Human Life Cycle	PSHE>Teaching Resources>Growing and Changing>Year 2> Naming Body parts		PSHE>Teaching Resources>Growing and Changing>Year 2> Embracing change and moving to a new class