



## Y2 PSHE

### Changing Me

#### **In this unit, I will learn about:**

- life cycles in nature
- growing from young to old
- how my body changes
- the physical differences between boys and girls
- why some parts of my body are private
- different types of touch and which ones I like and dislike
- the things I am looking forward to

#### **In this unit, I will explore:**

- how some changes are outside of my control and how I feel about it
- people who I respect that are older than me
- how it feels to become independent
- what I like about who I am
- how to ask for help
- changes that I might choose to make as I grow older

#### **Outcome**

In this unit, children explore life cycles in nature and how humans grow from young to old, learning that some changes are outside their control. They reflect on how their own bodies and independence change over time and develop respect for differences in themselves and others. Across the six Pieces, children learn correct names for body parts, understand privacy, and practise being assertive about touch and personal boundaries. They also think about feelings linked to future change, such as excitement and worry, and learn ways to cope.



#### **Key Vocabulary**

adult	private
older	respect
baby	touch
child	penis
change	testicles
younger	vagina
elderly	vulva
growing up	anus
fully grown	life cycle
male	female
physical	

#### **Learning Questions:**

Can I recognise cycles of life in nature?

What can I tell you about the process of growing from young to old and understand that this is not in my control?

Can I recognise that my body has changed since I was a baby, and where I am on the continuum from young to old?

Can I recognise the physical differences between boys and girls, use the correct names for body parts and appreciate that some parts of my body are private?

Can I understand that there are different types of touch and can say which I like or don't like?

Can I identify what I am looking forward to when I move to my next class?