



**PSCHE – Personal, Social, Citizenship, Health and Economic Education**

**Core Theme: Health and Wellbeing, Relationships and Living in the Wider World**

**Year: 2**

**Term: Summer 1**

**Key Stage 1  
Growing Up**

**What I have learnt already**

Discuss how children grow and change.

Understand that babies need care and support.

Know that older children can do more by themselves.

**Key Learning**

H8 – Understand the process of growing from young to old.

H9 - Explore growing and changing and becoming independent.

H10 – Know the correct names for the main parts of the body.

H13 - Identify people who they can ask for help.

H15, R3 - Identify ways of keeping safe. Know the difference between secrets and nice surprises.

H16 – Understand respecting the needs of ourselves and other people.

R10 – Understand what physical contact is acceptable, comfortable, unacceptable and uncomfortable. H16 – Explore privacy in different contexts.

**Key Knowledge**

**PANTS**

Privates are private +

Always remember your body belongs to you +

No means no +

Talk about secrets that upset you +

Speak up, someone can help +



We need to know changes that happen as we get older and how to keep ourselves safe.

Key Vocabulary		
growing	changing	help
safe	privacy	contact
stereotypes	penis	vagina
PANTS	touch	independent



**Our PSCHE Ground Rules...**

- We listen to each other.
- We show respect.
- We support each other.
- We ask questions if we want to.
- We know we can talk to any adult in school if we want to talk or need help.