

Class Cremyll

PSHE

Changing Me

Understand that changes happen as we grow. Understand that growing up is natural and that everybody grows at different rates. Understand we need to respect our bodies and that which parts are private. Enjoy learning new things. Know some ways to cope with change.

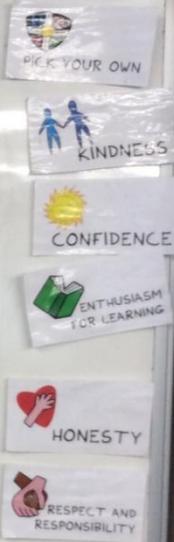
First, we looked at the life cycle of a frog. Then we talked about what we know about different life cycles.

Life Cycles. E for L

Starts at eggs
↓
Next thing in Life

Could be any animal/person/
plant/fruit/vegetable/insects
Being born

different things can have different life cycles.
Life cycle goes over and over again.



“We have a life cycle because humans are like animals.”

“When you’re a baby, you can’t talk or walk so you have to cry to get tell someone you’re not happy.”

What can I do now that I couldn't do when I was a baby?



What can I do now?

flip your tongue
Pirate ship ride
dance
count
run
read

working on computers
front flip on the trampoline
sing
walk
keepy-uppies

see properly
do animations
cartwheels
ride bikes
go to school
reach taps
learn to write
cook

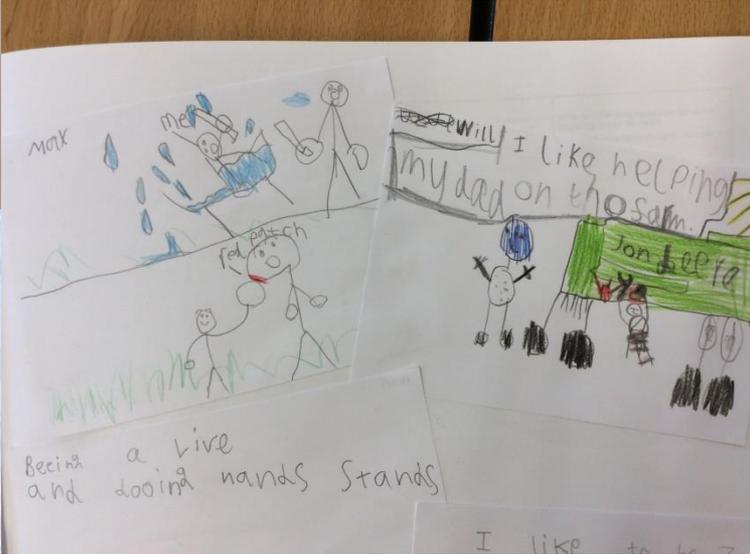
handstands
yoga
back flip on the F440
skateboard
surf

jump
look at/use your phone
eat harder foods
draw beautiful pictures
go upside-down by yourself or 3D shapes
bake cakes
eat ice-cream

help each other

"I can flip my tongue, I couldn't do that when I was a baby."
"Now I am 7, I can play football and do tricks."

We thought about the things we can do now we are 5, 6 and 7 years old.



- walk
- talk - bigger vocabulary/handwriting R+R
- eating different things • see colours
- ride a trike/balance bike • names
 - putting on make-up
- balance • wink • swim • counting
 - writing
- how to play/video games
- laugh/giggle/smile • learning sounds
 - how to use a cup
- draw/colouring • make things • riding a 2 wheeled bike
- jump • put your shoes on
- climb • doing sport • dribble/biting
 - reading independently
- running • skipping



"I can ride a bike and I couldn't do that when I was a toddler."

"I can help with the cooking now I am six."

We're the same

- * we can do cartwheels
- * we have eyelashes
- * we are humans/animals
- * we do sports
- * we play
- * we walk

We're different

- * boys can have beards, goaties and moustaches
- * boys are usually more sully than girls
- * girls have higher voices and boys have deeper voices
- * boys often like more dangerous thing than girls
- * girls have babies

How are we the same?
How are we different?
Is that okay?

Some boys like girls
toys and some girls
like boys toys

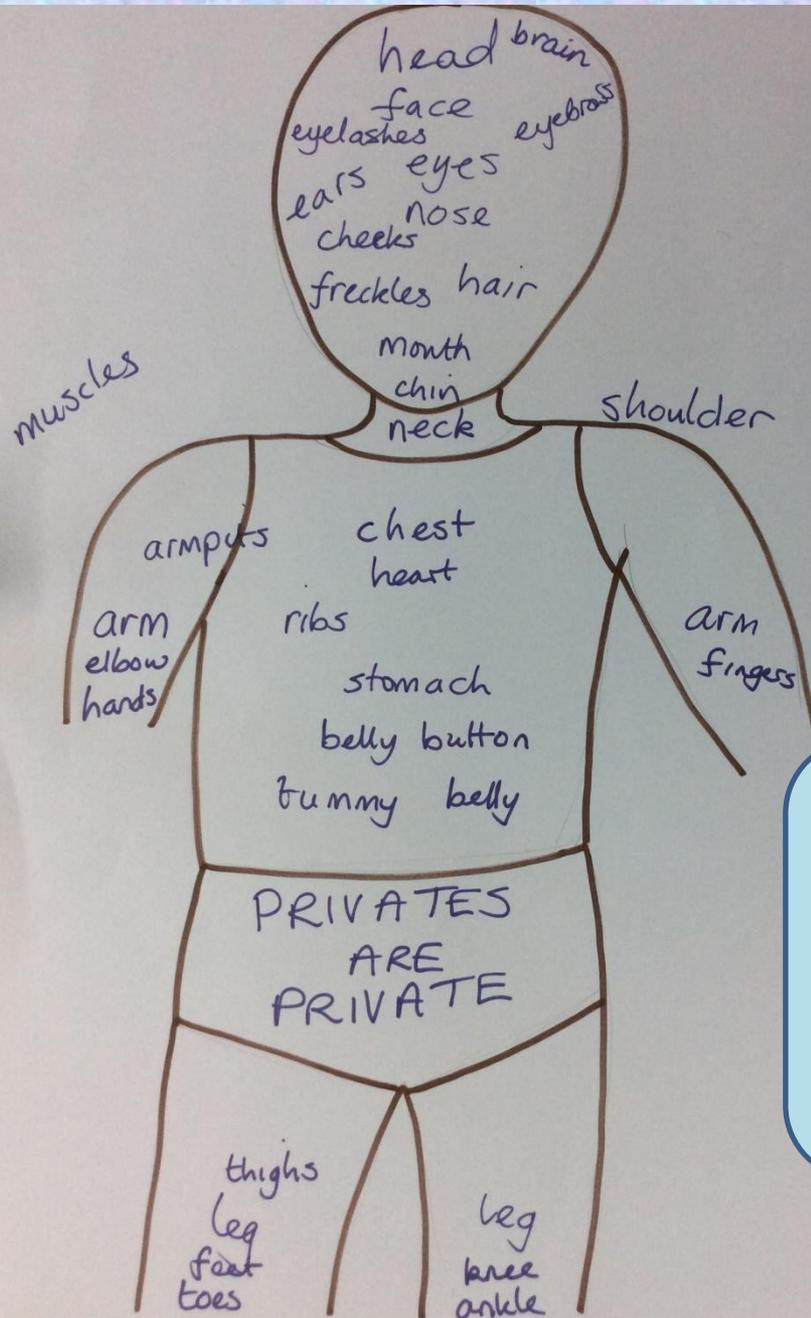
Why isn't it just toys?

boys marry boys
and girls marry
girls and girls
marry boys

"I can do cartwheels and my friend can do handstands – I find them tricky."

"When we talk about toys, why isn't it just toys and not girls toys and boys toys."

We talked about the parts of the body and learnt the scientific words for our private parts. We remembered learning the 'Privates are private' song a little while ago.



"We all have different ways of sayin tummy, like belly and stomach."

"I remember we can always talk to a trusted adult if we are unhappy about something."

