



Trinity Primary School – RHSE Knowledge Curriculum
Preparing for the demands of society for the future



Term: Spring 2	Year Group: Year 1	Topic: Changing me
Key Vocabulary		Key Questions
Life cycle	The series of life changing events.	<p>How long does it take to grow?</p> <p>How do we change when we grow?</p> <p>How much have you changed?</p> <p>What is the difference between a boy and a girl?</p> <p>How can you manage your feelings?</p> <p>Who can you share your worries with?</p>
Growing up	Developing into an adult.	
Body parts	Any parts of an organism.	
Change	Make different, alter or modify.	
Feelings	An emotional state.	
Coping	Deal with something effectively.	
Links to HEART and British Values		Wider World Events
HEART Respect Team Trinity	British Values Individual liberty Respect and Tolerance	
Assessment		
Working towards	Working at	Working beyond
<p>I can name some people who are special to me. I can tell you ways they help me stay safe and feel special.</p> <p>I can tell you why I like some people and who I might go to for help if I need it.</p>	<p>I can explain why I have special relationships with some people and how these relationships help me feel safe and good about myself. I can also explain how my qualities help these relationships.</p> <p>I can give examples of behaviour in other people that I appreciate and behaviours that I don't like.</p>	<p>I can suggest different ways to show appreciation for other people and how to recognise their appreciation for me. I can also explain how this helps me feel safe and good about myself.</p> <p>I can explain how other people's behaviour can make me feel about myself and whether I feel safe or not. I can also explain how my behaviour affects others.</p>