



Year 1—Learning for Life

Growing and changing



You have already learnt...

In EYFS, you found out that a routine is something that you do every day. We have a shower or bath to stay clean. We brush our hair to stay clean. I could name family members including mum, dad, brother, sister, nanny, grandad.

Key Knowledge

- Understand some basic hygiene principles.
- Begin to understand that I grow and change
- Explore different types of families and who to ask for help

Key Skills

- Name ways to stay clean.
- See that I have grown and will continue to grow and change.
- Name different family members.

Key vocabulary

similar	things that are the same or almost the same
different	things that are not the same
male	boys and men
female	girls and women
private parts	parts of your body that are covered by underwear including pants and vest.



SAME



DIFFERENT



private parts

Next year you will learn...

- I can talk about the process of growing from young to old and how people's needs change
- I can say the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls