



The Acorn Partnership

Marston Montgomery Primary School
Long Lane C of E Primary School

Knowledge Organiser - Growing and Changing Summer Term 1 2026 Year 1

Key Themes:

Getting help, Becoming independent, Body parts



Sticky Knowledge - What I learnt in Reception

- I can describe the life cycle of an animal.
- I can describe how a baby grows to an adult and what they might need.
- I can tell you some things about how babies are made.
- I can tell you the scientific names for my body parts..
- I know how to keep myself safe.
- I can tell you the PANTS rule.



Key Knowledge - What I will know at the end of the unit

- I know some things that babies need.
- I know what I can do now that I couldn't do as a toddler and some things that I am still learning to do.
- I can talk about how safe secrets and surprises make me feel and who to talk to if I am worried.
- I know the name the body parts girls and boys have that are the same and which body parts are different.
- I know who the adults I can talk to at home and school if I need help.

Keywords	Definition
Adult	A person who is fully grown and not a child — like a mum, dad, teacher, or carer.
Heart	The part inside your chest that pumps blood around your body and keeps you alive.
Brain	This is the part inside your head that helps you think, learn, feel, and make choices.
Stomach	This is the part inside your body that helps turn food into energy after you eat.
Trusted	Someone you can count on or feel safe with — like a teacher, parent, or good friend.
Growing	Getting bigger, taller, or learning new things
Lungs	These are the parts inside your chest that help you breathe
Vulva	The <i>vulva</i> is a part of the body that girls have. It's one of the private parts
Penis	The <i>penis</i> is a part of the body that boys have. It's one of the private parts
learning	Finding out new things or getting better at something