**Growing and Changing**

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| **National Curriculum** | **Year R** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| Pupils will learn: | Children will know (how to)/be able to: | | | | | | |
| **1.** Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.  **2.** About menstrual wellbeing including the key facts about the menstrual cycle.  **3.** That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong. | **The Natural World ELG** \*Explore the natural world around them, making observations and drawing pictures of animals and plants; - Know some similarities and differences between the natural world around them and contrasting environments, drawing on their experiences and what has been read in class; - Understand some important processes and changes in the natural world around them, including the seasons and changing states of matter. | \*identify an adult I can talk to at both home and school if I need help.  \*Describe things I can do now that I couldn’t do when I was a baby and a toddler  \*Know what some of my body parts do. | \*Explain who helps us grow (people who look after us) and what things I can now do myself that I couldn’t when I was younger.  \*Give examples of how it feels when you have to say goodbye to someone or something (e.g. move house).  \*Give examples of how to give feedback to someone. | \*Describe what makes a positive relationship and things that make a negative relationship.  \*Identify when someone hasn’t been invited into my body space and show how I can be assertive in asking them to leave it if I feel uncomfortable. | \*Label some parts of the body that only boys have and only girls have.  \*Describe how some parts of the body change during puberty including female menstruation.  \*Explain some of the reasons why a teenager might have these difficult feelings (e.g. conflict with parents).  \*Know who can get married and how old they have to be and I explain why people get married. | \*Explain what resilience is and how it can be developed.  \*Describe that I can prepare for changes (e.g. to get the facts, talk to someone).  \*Identify when I need help and can the trusted adults in my life who can help me. | \*Give an example of a secret that should be shared with a trusted adult.  \*Describe some emotional changes associated with ‘puberty’ and how people may feel when their bodies change.  \*Give examples of other ways in which the way a person feels about themselves can be affected (e.g. Images of celebrities). |
| **Vocabulary** | | | | | | | |
| Children will recall and verbalise: | | | | | | | |
|  | seasons  spring  summer  autumn  winter  cycle  growing  life cycles  baby  child  teenager  adult  old age  family  baby  love  care  child  teenager  adult  grow  private parts  penis  vulva | organ  heart  lungs  intestines  brain  stomach  oxygen  digested  caring  love  attention  change  growing  unkind  unkindness  tease  teasing  bully  bullying  witness  experience  getting help  surprise  secret  uncomfortable  privates  private  penis  vulva  hygiene | help  support  supportive  change  loss  feelings  emotions  frightened  nervous  growing  food  rest  sleep  care  learning  unique  special  penis  testicles  vulva  nipples  genitals  penis  vulva  private  privacy  consent  permission  first aid  risk  accident  danger  hazard  kettle  safe  burn  scald  accident  emergency | relationships  positive  healthy  trust  caring  personal space  body space  invade  uncomfortable  stop  respect  touch  secret  surprise  feelings  uncomfortable  angry  upset  jealous  worried  excited  scared  talk  egg  sperm  puberty  period  ovary  fallopian tube  uterus (womb)  lining  vagina  sanitary pad  tampon  menstruation cup | learning line  practice  compromise  hormones  pubic hair  eggs  sperm  penis  testicles  breasts  ovaries  womb  vagina  vulva  clitoris  labia  puberty  menstrual cycle  eggs  periods  menstruation  sanitary pads  tampons  menstruation cup  secret  surprise  uncomfortable feelings  marriage  live together  civil partnership  forced marriage | wellbeing  resilience  trust  resilience  unwanted attention  unwanted touch  separation  fostered  pubic hair  clitoris  vulva  vaginal opening  urinary opening  lips (labia)  penis  scrotum  testicles  foreskin  anus  wet dream  erection  stretch marks  crush  puberty  genitalia  semen  menstruation  period  sanitary towel  tampon  menstruation cup  sanitary protection  reactions  consequences  embarrassed  hormones  compromise  respect  mood swings  in confidence  break a confidence  confidential  prejudice  biological sex  sexual orientation  gender identity  gender expression  verbal abuse  physical abuse | change  support  conversation  discuss  body image  self esteem  manipulation  media manipulation  stereotype  gender stereotype  peer pressure  right to privacy  sharing online  online safety  puberty  physical changes  emotional changes  rights  FGM  in confidence  break a confidence  confidential  egg  ovaries  sperm  testicles  puberty  vagina  penis  orgasm  embryo  womb  sexual intercourse  consensual  condom  surrogacy  adoption  IVF  age of consent  HIV  infection  immune system  virus  transmission  sharing needles  sexual contact  condom  prejudice |