**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: |
|  | seasonsspringsummerautumnwintercyclegrowinglife cyclesbabychildteenageradultold agefamilybabylovecarechildteenageradultgrowprivate partspenisvulva  | organheartlungsintestinesbrainstomachoxygendigestedcaring loveattentionchangegrowingunkindunkindnessteaseteasingbullybullyingwitnessexperiencegetting helpsurprisesecretuncomfortableprivatesprivatepenisvulvahygiene  | helpsupportsupportivechangelossfeelingsemotionsfrightenednervousgrowingfoodrestsleepcarelearninguniquespecialpenistesticlesvulvanipplesgenitalspenisvulvaprivateprivacyconsentpermissionfirst aidriskaccidentdangerhazardkettlesafeburnscaldaccident emergency | relationshipspositivehealthytrustcaringpersonal spacebody spaceinvadeuncomfortablestoprespecttouchsecretsurprisefeelingsuncomfortableangryupsetjealousworriedexcitedscaredtalkeggspermpubertyperiodovaryfallopian tubeuterus (womb)liningvaginasanitary padtamponmenstruation cup | learning linepracticecompromisehormonespubic haireggsspermpenistesticlesbreastsovarieswombvaginavulvaclitorislabiapubertymenstrual cycleeggsperiodsmenstruationsanitary padstamponsmenstruation cupsecretsurpriseuncomfortable feelingsmarriagelive togethercivil partnershipforced marriage | wellbeingresiliencetrustresilienceunwanted attentionunwanted touchseparationfosteredpubic hairclitorisvulvavaginal openingurinary openinglips (labia)penisscrotumtesticlesforeskinanuswet dreamerectionstretch markscrushpubertygenitaliasemenmenstruationperiodsanitary toweltamponmenstruation cupsanitary protectionreactionsconsequencesembarrassedhormonescompromiserespectmood swingsin confidencebreak a confidenceconfidentialprejudicebiological sexsexual orientationgender identitygender expressionverbal abusephysical abuse | changesupportconversationdiscussbody imageself esteemmanipulationmedia manipulationstereotypegender stereotypepeer pressureright to privacysharing onlineonline safetypubertyphysical changesemotional changesrightsFGMin confidencebreak a confidenceconfidentialeggovariesspermtesticlespubertyvaginapenisorgasmembryowombsexual intercourseconsensualcondomsurrogacyadoptionIVFage of consentHIVinfectionimmune systemvirustransmissionsharing needlessexual contactcondomprejudice |