

	<b>Lesson 1</b>	<b>Lesson 2</b>	<b>Lesson 3</b>	<b>Lesson 4</b>	<b>Lesson 5</b>	<b>Lesson 6</b>
<b>EYFS</b>	<b>My body</b> I can name parts of the body	<b>Respecting My Body</b> I can tell you some things I can do and foods I can eat to be healthy	<b>Growing up - How we have changed since we were babies</b> I understand that we all grow from babies to adults	<b>Fun and Fears 1</b> I can express how I feel about moving to Year 1	<b>Fun and Fears 2</b> I can talk about my worries and/or the things I am looking forward to about being in Year 1	<b>Celebration</b> I can share my memories of the best bits of this year in Reception
<b>Year 1</b>	<b>Life cycles</b> I am starting to understand the life cycles of animals and humans  I understand that changes happen as we grow and that this is OK	<b>Changing Me</b> I can tell you some things about me that have changed and some things about me that have stayed the same  I know that changes are OK and that sometimes they will happen whether I want them to or not	<b>My changing body - Understanding that growing and changing is natural and happens to everybody at different rates.</b>  I can tell you how my body has changed since I was a baby  I understand that growing up is natural and that everybody grows at different rates	<b>Boys' and Girls' Bodies - Appreciating the parts of the body that make us different and using the correct names for them</b>  I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus  I respect my body and understand which parts are private	<b>Learning and Growing</b> I understand that every time I learn something new I change a little bit  I enjoy learning new things	<b>Coping with changes</b> I can tell you about changes that have happened in my life  I know some ways to cope with changes
<b>Year 2</b>	<b>Life Cycles in Nature</b> I can recognise cycles of life in nature  I understand there are some changes that are outside my control and can recognise how I feel about this	<b>Growing from Young to Old</b> I can tell you about the natural process of growing from young to old and understand that this is not in my control	<b>The Changing Me</b> <i>Where am I on my journey from young to old, what changes can I be proud of?</i> I can recognise how my body has changed since I was a baby and where I	<b>Boys' and Girls' Bodies - Differences between boys and girls - how do we feel about them? Which parts of me are private?</b> I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis,	<b>Assertiveness</b> I understand there are different types of touch and can tell you which ones I like and don't like  I am confident to say what I like and don't like and can ask for help	<b>Looking ahead</b> I can identify what I am looking forward to when I move to my next class  I can start to think about changes I will make when I am in

		I can identify people I respect who are older than me	am on the continuum from young to old I feel proud about becoming more independent	anus, testicles, vagina, vulva) and appreciate that some parts of my body are private  I can tell you what I like/don't like about being a boy/girl.			
Year 3	<b>How Babies Grow</b> I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby  I can express how I feel when I see babies or baby animals	<b>Babies</b> I understand how babies grow and develop in the mother's uterus  I understand what a baby needs to live and grow  I can express how I might feel if I had a new baby in my family	<b>Outside Body Changes - How our bodies need to change so they can make babies when we grow up - outside changes and how we feel about them.</b>  I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process  I recognise how I feel about these changes happening to me and know how to cope with those feelings	<b>Family Stereotypes</b> I can start to recognise stereotypical ideas I might have about parenting and family roles  I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes	<b>Looking ahead</b> Identify what I am looking forward to when I move to my next class  Start to think about changes I will make next year and know how to go about this		
Year 4	<b>Unique Me</b> I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg	<b>Was a Year 3 lesson Inside Body Changes</b> - <i>How our bodies change so they can make babies when we grow up - inside changed and how we feel about them (animations used)</i>	<b>Having a baby - The choice to have a baby, the parts of men and women that make babies and - in simple terms - how this happens (animations used)</b>	<b>Girls and Puberty - How a girl's body changes so that she can have a baby when she's an adult - including menstruation (animations used)</b>	<b>Circles of change</b> I know how the circle of change works and can apply it to changes I want to make in my life  I am confident enough to try to make	<b>Accepting change</b> I can identify changes that have been and may continue to be outside of my control that I learnt to accept	<b>Looking ahead</b> I can identify what I am looking forward to when I move to a new class  I can reflect on the changes I would like to make next year and

	<p>and sperm</p> <p>I appreciate that I am a truly unique human being</p>	<p>I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up</p> <p>I recognise how I feel about these changes happening to me and know how to cope with these feelings</p> <p><b>Can be withdrawn from</b></p>	<p>I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby</p> <p>I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult</p> <p><b>Can be withdrawn from</b></p>	<p>I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</p> <p>I have strategies to help me cope with the physical and emotional changes I will experience during puberty</p>	<p>changes when I think they will benefit me</p>	<p>I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</p>	<p>can describe how to go about this</p>
Year 5	<p><b>Self and Body Image</b></p> <p>I am aware of my own self-image and how my body image fits into that</p> <p>I know how to develop my own self esteem</p>	<p><b>Puberty for Girls -</b> <i>Physical changes and feelings about them - importance of looking after yourself (animations used)</i></p> <p>I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>I understand that puberty is a natural process that</p>	<p><b>Puberty for Boys</b></p> <p>Developing understanding of changes for both sexes - reassurance and exploring feelings (animations used)</p> <p>I can describe how boys' and girls' bodies change during puberty</p> <p>I can express how I feel about the changes that will happen to me during puberty</p>	<p><b>Conception -</b> <i>Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life (animations used)</i></p> <p>I understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>I also understand that sometimes people need IVF to help them have a baby</p>	<p><b>Looking Ahead 1</b></p> <p>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)</p> <p>I am confident that I can cope with the changes that growing up will bring</p>	<p><b>Looking Ahead 2</b></p> <p>I can identify what I am looking forward to when I move to my next class.</p> <p>I can start to think about changes I will make next year and know how to go about this.</p>	

		happens to everybody and that it will be ok for me		I appreciate how amazing it is that human bodies can reproduce in these ways  <b>Can be withdrawn from</b>		
Year 6	<p><b>Self-image</b> I am aware of my own self-image and how my body image fits into that</p> <p>I know how to develop my own self esteem</p>	<p><b>Puberty - consolidation understanding of physical and emotional changes (animations used)</b> I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>I can express how I feel about the changes that will happen to me during puberty</p> <p><b>Girl/Boy Talk - an opportunity for questions and reflection single sex (animations used)</b></p>	<p><b>Babies: Conception to Birth - The story of pregnancy (animations used)</b> I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born</p> <p>I can recognise how I feel when I reflect on the development and birth of a baby</p> <p><b>Can be withdrawn from</b></p>	<p><b>Types of relationships - boyfriend, girlfriend and LGBTQ</b></p> <p>I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend</p> <p>I understand that respect for one another is essential in a boyfriend /girlfriend relationship, and that I should not feel pressured into doing something I don't want to (consent)</p>	<p><b>Real self and ideal self</b> I can express how I feel about my self-image and know how to challenge negative 'body-talk'</p> <p>I am aware of the importance of a positive self-esteem and what I can do to develop it</p>	<p><b>The Year Ahead</b> I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class</p> <p>I know how to prepare myself emotionally for the changes next year</p>