

|                 | Key Stage 1                                                                                                                     |                                                                                                                                                          | Lower Key stage 2                                                                                                                                                                        |                                                                                                                                                                                       | Upper KS2                                                                                                                                                              |                                                                                                                                                                       |
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|                 | Year 1                                                                                                                          | Year 2                                                                                                                                                   | Year 3                                                                                                                                                                                   | Year 4                                                                                                                                                                                | Year 5                                                                                                                                                                 | Year 6                                                                                                                                                                |
| <b>Autumn 1</b> | <u>Life Cycles</u><br>I am starting to understand the lifecycles of animals and humans                                          | <u>Life Cycles in Nature</u><br>I can recognise cycles of life in nature.                                                                                | <u>How Babies Grow</u><br>I understand that in animals and in humans lots of changes happen between conception and growing up, and that usually it is the female body that has the baby. | <u>Unique Me</u><br>I understand that some of my personal characteristics have come from my birth parents and this happens because I am made from the joining of their egg and sperm. | <u>Self and body image</u><br>I am aware of my own self-image.                                                                                                         | <u>My Self- image</u><br>I am aware of my own self image and how my body image fits into that.                                                                        |
| <b>Autumn 2</b> | <u>Changing Me</u><br>I can tell you some things about me that have changed and some things about me that have stayed the same. | <u>Growing from Young to Old</u><br>I can tell you about the natural process of growing from young to old and understand that this is not in my control. | <u>Babies</u><br>I understand how babies grow.                                                                                                                                           | <u>Having a Baby</u><br>I can correctly label the internal and external parts of the male and female bodies that are necessary for making babies.                                     | <u>Puberty for girls</u><br>I can explain how a girls' body changes during puberty and understand the importance of looking after yourself physically and emotionally. | <u>Puberty</u><br>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally. |
| <b>Spring 1</b> | <u>My changing body</u>                                                                                                         | <u>The Changing Me</u><br>I can recognise how my body has changed                                                                                        | <u>Outside Body Changes</u><br>I understand that boys' and girls' bodies                                                                                                                 | <u>Girls and Puberty</u><br>I can describe how a girls' body changes in                                                                                                               | <u>Puberty for boys</u>                                                                                                                                                | <u>Girl Talk/ Boy Talk</u><br><u>Single Gender Groups</u>                                                                                                             |

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|                 | I can tell you how my body has changed since I was a baby.                                                                                    | since I was a baby and where I am on the continuum from young to old.                                                                                                                  | change during the growing up process.                                                                                                                                                                                             | order for her to have babies when she is an adult, and that menstruation is a natural part of this.                                   | I can describe how boys' and girls' bodies change during puberty.                                                                                 | I can ask questions I need answered about changes during puberty.                                                                                                                                        |
| <b>Spring 2</b> | <u>Boys' and Girls' bodies</u><br>I can identify the parts of the body that boys and girls different and can use the correct names for these. | <u>Boys' and girls' bodies</u><br>I can recognise the physical differences between girls' and boys' bodies, use the correct name for body parts and appreciate some parts are private. | <u>Inside Body Changes</u><br>I can identify how boys' and girls' bodies change on the inside during the growing process and can tell you why these changes are necessary so that their bodies can make babies when they grow up. | <u>Circles of Change</u><br>I know how the circle of change works and can apply it to my changes I want to make in my life.           | <u>Babies-Conception to Birth</u><br>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born. | <u>Conception</u><br>I understand that sexual intercourse can lead to conception and that is how babies are usually made. I can also understand that sometimes people need IVF to help them have a baby. |
| <b>Summer 1</b> | <u>Learning and growing</u><br>I can understand that every time I learn something new I change a little bit.                                  | <u>Assertiveness</u><br>I understand that there are different types of touch and can tell you which ones I like and don't like.                                                        | <u>Family Stereotypes</u><br>I can start to recognise stereotypical ideas I might have about parenting roles.                                                                                                                     | <u>Accepting Change</u><br>I can identify changes that have been and may continue to be outside of my control and I learnt to accept. | <u>Looking Ahead</u><br>I can identify what I am looking forward to about becoming a teenager and understand that this brings responsibility.     | <u>Attraction</u><br>I understand how being physically attracted to someone changes the nature of the relationship.                                                                                      |



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| <u>Summer 2</u> | <u>Coping with changes</u><br>I can tell you about the changes that have happened in my life. | <u>Looking ahead</u><br>I can identify what I am looking forward to when I am in year 3 | <u>Looking ahead</u><br>I can tell you what I am looking forward to in year 4. | <u>Looking ahead</u><br>I can tell you what I am looking forward to in year 5. | <u>Looking ahead</u><br>I can tell you what I am looking forward to in year 6. | <u>Looking ahead</u><br>I can tell you what I am looking forward to in Secondary School |
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