

Session 1 My body	Session 2 Respecting my body	Session 3 Growing up	Session 4 Fun and Fears Part 1	Session 5 Fun and Fears Part 2	Session 6 Celebration
Pupils will be taught to: name parts of the body 	Pupils will be taught to: tell you some things they can do and foods they can eat to be healthy	Pupils will be taught to: identify how we all grow from babies to adults	Pupils will be taught to: express how they feel about moving to Year 1	Pupils will be taught to: talk about their worries and/or the things that they looking forward to about being in Year 1	Pupils will be taught to: share their memories about the best bits of the year in Foundation 

Changing me unit

Year 1 Overview

Taught in Summer 2
HLA 2026

Session 1 Life Cycles	Session 2 Changing Me	Session 3 My changing body	Session 4 Boy's and Girls bodies*	Session 5 Learning & Growing	Session 6 Coping with Changes
Pupils will be taught to: begin to understand the life cycles of animals and humans understand that changes happen as we grow and that this is OK	Pupils will be taught to: identify some things about themselves that have changed and some things that have stayed the same know that changes are OK and that sometimes they will happen whether they want them to or not	Pupils will be taught to: identify how their body has changed since being a baby understand that growing up is natural and that everybody grows at different rates	Pupils will be taught to: identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vulva, anus I respect my body and understand which parts are private	Pupils will be taught to: understand that every time they learn something new they change a little bit enjoy learning new things	Pupils will be taught to: identify and talk about changes that have happened in their life know some ways to cope with changes 

Changing me unit

Year 2 Overview

Taught in Summer 2
HLA 2026

Session 1 Life Cycles in nature	Session 2 Growing from young to old	Session 3 The changing me	Session 4 Boy's & Girls' bodies*	Session 5 Assertiveness	Session 6 Looking ahead
Pupils will be taught to: recognise cycles of life in nature – example caterpillar to butterfly understand there are some changes that are outside of their control and can recognise how they feel about this – example growing	Pupils will be taught to: identify the natural process of growing from young to old and understand that this is not in their control identify people they respect who are older than them	Pupils will be taught to: recognise how their body has changed since they were a baby and where they are on the continuum from young to old feel proud about becoming more independent	Pupils will be taught to: recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina, vulva, anus) and appreciate that some parts of my body are private I can describe what I enjoy about being a boy or girl whilst understanding we are all different	Pupils will be taught to: understand that there are different types of touch and can identify which ones they like and don't like be confident to say what they like and don't like and can ask for help	Pupils will be taught to: identify what they are looking forward to when they are in Year 3 start to think about changes they will make when they are in Year 3 and know how to go about this 

Changing me unit

Year 3 Overview

Taught in Summer 2
HLA 2026

Session 1 How babies grow	Session 2 Babies	3 Outside body changes*	4 Inside body changes*	Session 5 Family stereotypes	Session 6 Looking ahead
Pupils will be taught to: understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby express how they feel when they see babies or baby animals	Pupils will be taught to: understand how babies grow and develop in the mother's uterus understand what a baby needs to live and grow express how they might feel if they had a new baby in my family	Pupils will be taught to: understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies identify how boys' and girls' bodies change on the outside during this growing up process recognise how they feel about these changes happening to them and know how to cope with those feelings	Pupils will be taught to: 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 recognise how they feel about these changes happening to me and know how to cope with these feelings	Pupils will be taught to: start to recognise stereotypical ideas they might have about parenting and family roles express how they feel when their ideas are challenged and might be willing to change their ideas sometimes	Pupils will be taught to: identify what they are looking forward to when they are in Year 4 start to think about changes they will make when they are in Year 4 and know how to go about this 

Changing me unit

Year 4 Overview

Taught in Summer 2
HLA 2026

Session 1 Unique me	Session 2 Puberty and Menstruation	Session 3 Being Part of a Family	Session 4 Circles of change	Session 5 Accepting change	Session 6 Looking ahead
Pupils will be taught to: understand that lots of things make up a person's identity and this what makes them unique how to make choices about developing their own identity and interests as they grow up and that these will contribute to who they are	Pupils will be taught to: 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 have strategies to help them cope with the physical and emotional changes they will experience during puberty	Pupils will be taught to: know there are many types of families and that often our family members form part of our inner circle know there are trusted people they can turn to if they need help and support as they grow up and go through puberty recognise that sometimes they may feel anxious about growing up and this is natural, and can identify people who can support them with this	Pupils will be taught to: know how the circle of change works and can apply it to changes they want to make in my life be confident enough to try to make changes when they think they will benefit them	Pupils will be taught to: identify changes that have been and may continue to be outside of their control that they learn to accept express their fears and concerns about changes that are outside of their control and know how to manage these feelings positively	Pupils will be taught to: identify what they are looking forward to when they move to a new class reflect on the changes they would like to make next year and can describe how to go about these 

Changing me unit

Year 5 Overview

Taught in Summer 2
HLA 2026

Session 1 Self and Body Image	Session 2 Puberty for girls	Session 3 Puberty for boys	Session 4 <u>Conception*</u>	Session 5 Looking ahead 1	Session 6 Looking ahead 2
Pupils will be taught to: be aware of their own self-image and how their body image fits into that know how to develop their own self esteem	Pupils will be taught to: identify how a girl's body changes during puberty and understand the importance of looking after themselves physically and emotionally understand that puberty is a natural process that happens to everybody and that it will be ok for them <i>Sessions delivered separately to girls and boys</i>	Pupils will be taught to: identify how boys' and girls' bodies change during puberty express how they feel about the changes that will happen to them during puberty <i>Sessions delivered separately to girls and boys</i>	Pupils will be taught to: understand that sexual intercourse can lead to conception and that is how babies are usually made understand that sometimes people need IVF to help them have a baby appreciate how amazing it is that human bodies can reproduce in these ways	Pupils will be taught to: identify what they are looking forward to about becoming a teenager and to understand that this brings growing responsibilities (<i>age of consent</i>) how to develop confidence so that they can cope with the changes that growing up will bring	Pupils will be taught to: identify what they are looking forward to when they are in Year 6 start to think about changes that they will make when they are in Year 6 and know how to go about this 

Changing me unit

Year 6 Overview

Taught in Summer 2
HLA 2026

Session 1 My Self Image	Session 2 Puberty	<u>Session 3</u> <u>Babies -</u> <u>conception to</u> <u>birth*</u>	Session 4 Boyfriends and Girlfriends	Session 5 Real self and Ideal self	Session 6 The Year Ahead
Pupils will be taught to: be aware of their own self-image and how their body image fits into that identify how to develop their own self esteem	Pupils will be taught to: identify and explain how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally how to express how they feel about the changes that will happen to them during puberty <i>Sessions delivered separately to girls and boys</i>	Pupils will be taught to: describe how a baby develops from conception through the nine months of pregnancy, and how it is born recognise how they feel when they reflect on the development and birth of a baby	Pupils will be taught to: recognise how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend and that respect for one another is essential in a boyfriend/girlfriend relationship, and that you should not feel pressured into doing something you don't want to	Pupils will be taught to: Identify the importance of a positive self-esteem and what you can do to develop it express how they feel about their self-image and know how to challenge negative 'body-talk'	Pupils will be taught to: identify what they are looking forward to and what worries them about the transition to secondary school how to prepare themselves emotionally for starting secondary school 