



## Summer 2 - RHE - Changing me

	Weekly lesson	Learning intentions	Vocabulary
<b>Reception</b>	My Body	To name parts of the body	Chest
	Respecting my body	I can tell you some things I can do and foods I can eat to be healthy	
	Growing up	I understand that we all grow from babies to adults	
	Fun and fears Part 1	I can express how I feel about moving to Year 1	
	Fun and fears Part 2	I can talk about my worries and/or the things I am looking forward to about being in Year 1	
	Celebration	I can share my memories of the best bits of this year in Reception	
<b>Year 1</b>	Life cycles	I am starting to understand the life cycles of animals and humans	Breasts Nipples Penis Testicles Vulva Bottom Anus
	Changing me	I can tell you some things about me that have changed and some things about me that have stayed the same	
	My changing body	I can tell you how my body has changed since I was a baby	
	Boys' and girls' bodies	I can identify the parts of the body that make boys different to girls and can use the correct names for these	
	Learning and growing	I understand that every time I learn something new I change a little bit	
	Coping with changes	I can tell you about changes that have happened in my life	

<b>Year 2</b>	Life cycles in a nature	I can recognise cycles of life in nature	Breasts Nipples Penis Testicles Vulva Bottom Anus Private Public
	Growing from young and old	I can tell you about the natural process of growing from young to old and understand that this is not in my control	
	The changing me	I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old	
	Boys' and girls' bodies	I can recognise the physical differences between boys and girls, use the correct names for parts of the body and appreciate that some parts of my body are private	
	Assertiveness	I understand there are different types of touch and can tell you which ones I like and don't like	
	Looking ahead	I can identify what I am looking forward to when I move to my next class	
<b>Year 3</b>	How babies grow	I understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby.	Uterus Womb Birth
	Babies	I understand how babies grow and develop in the mother's uterus/ I understand what a baby needs to live and grow.	
	Family stereotypes	I can start to recognise stereotypical ideas I might have about parenting and family roles	
	Looking Ahead	I can identify what I am looking forward to when I move to my next class	

<b>Year 4</b>	Unique me	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 and sperm	Puberty Menstruation Menstrual cycle Period pants Menstrual pads Periods Ovaries Vagina Oestrogen Vulva
	Puberty and menstruation	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 <b>→ Boys and girls to be taught separately</b>	
	Circles of change	I know how the circle of change works and can apply it to changes I want to make in my life	
	Accepting change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	
	Looking ahead	I can identify what I am looking forward to when I move to a new class	
<b>Year 5</b>  <b>*Puberty lessons taught as part of Science curriculum</b>	Self and body image	I am aware of my own self-image and how my body image fits into that	Puberty Menstruation Menstrual towels Menstrual pads Periods Ovary Vagina Oestrogen Vulva Womb Uterus Sperm Semen Testicles/Testes
	Puberty for girls	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	
	Puberty for boys	I can describe how boys' and girls' bodies change during puberty	
	Looking ahead 1	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	
	Looking ahead 2	I can identify what I am looking forward to when I move to my next class.	

<b>Year 6</b>	My self-image	I am aware of my own self-image and how my body image fits into that	Embryo Foetus Placenta Umbilical cord Contractions Cervix Wet dream
	Puberty	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	
	Babies: conception to birth	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	
	Real self and ideal self	I am aware of the importance of a positive self-esteem and what I can do to develop it	

	The Year ahead	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.	
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