



## Summer 2 - RHE - Changing me

	Weekly lesson	Learning intentions	Vocabulary
<b>Reception</b>	My Body	<u>To name parts of the body</u>	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
	Changing me	I can tell you some things about me that have changed and some things about me that have stayed the same	Penis Testicles
	My changing body	I can tell you how my body has changed since I was a baby	Vulva Bottom Anus
	Boys' and girls' bodies	<u>I can identify the parts of the body that make boys different to girls and can use the correct names for these</u>	
	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>	<p>Life cycles in a nature</p> <p>Growing from young and old</p> <p>The changing me</p> <p>Boys' and girls' bodies</p> <p>Assertiveness</p> <p>Looking ahead</p>	<p>I can recognise cycles of life in nature</p> <p>I can tell you about the natural process of growing from young to old and understand that this is not in my control</p> <p><u>I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old</u></p> <p><u>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</u></p> <p>I understand there are different types of touch and can tell you which ones I like and don't like</p> <p>I can identify what I am looking forward to when I move to my next class</p>	<p>Breasts</p> <p>Nipples</p> <p>Penis</p> <p>Testicles</p> <p>Vulva</p> <p>Bottom</p> <p>Anus</p> <p>Private</p> <p>Public</p>
<b>Year 3</b>	<p>How babies grow</p> <p>Babies</p> <p>Family stereotypes</p> <p>Looking Ahead</p>	<p>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.</p> <p><u>I understand how babies grow and develop in the mother's uterus/ I understand what a baby needs to live and grow.</u></p> <p>I can start to recognise stereotypical ideas I might have about parenting and family roles</p> <p>I can identify what I am looking forward to when I move to my next class</p>	<p>Uterus</p> <p>Womb</p> <p>Birth</p>

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

<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	<a href="#"><u>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</u></a>	
	<a href="#"><u>Babies: conception to birth</u></a>	<a href="#"><u>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born</u></a>	
	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.	