

Key Stage 1 (Y1&Y2)	Year 3	Year 4	Year 5	Year 6
Growing and Changing Pupils will be able to...				
<p>Name the main parts of the body including vagina and penis.</p> <p>Recognise the difference between male and female body parts</p> <p>Understand the human life cycle and that people grow from young to old.</p>	<p>(Reinforce learning from Key Stage One)</p> <p>Recognise that individuality and personal qualities contributes to who we are.</p> <p>Explain how daily hygiene helps to reduce the spread of infection.</p>	<p>Identify and respect similarities and differences between people.</p> <p>Use the correct vocabulary for parts of the body.</p> <p>Resource – ‘Clued Up’ animation and lesson plans ‘Boys and Girls’ (password protected)</p> <p>https://www.bbc.co.uk/bitesize/clips/zh2jimp3</p>	<p>Explore the human life cycle.</p> <p>Explore physical and emotional changes that happen during puberty.</p> <p>Know some key facts about growing up e.g. menstruation, erections and wet dreams.</p> <p>Identify the importance of keeping clean and how to maintain personal hygiene as they grow and change.</p> <p>Resource – ‘Clued Up’ animation Bits and Bobs, Sweat and Spots’ (password protected)</p> <p>https://www.bbc.co.uk/bitesize/topics/zxfrwmn/articles/zk4bgwx</p>	<p>Explore physical and emotional changes during puberty.</p> <p>Understand how babies are conceived and born.</p> <p>Identify the external genitalia and internal reproductive organs and how the process of puberty relates to human reproduction.</p> <p>Recognise different types of relationships.</p> <p>Reflect on the responsibilities of being a parent or carer and how having a baby changes someone’s life.</p> <p>Resource – ‘Clued Up’ animation ‘Boys and Girls, Men and Women’. (password protected)</p> <p>https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-series-4-10-dont-panic-about-puberty-special</p> <p>Book - ‘Mummy Laid an Egg’ by Babette Cole</p>
<p>Describe some ways that people’s needs and bodies change as we grow from young to old.</p> <p>Talk about some ways to keep clean</p>	<p>Recognise what makes them special and unique.</p>	<p>Identify and value personal strengths, skills, achievements and interests.</p>	<p>Identify basic facts about pregnancy and the reproductive organs.</p> <p>Explain how adults care for a baby during and after pregnancy.</p> <p>Explore a range of different families.</p> <p>Resource – ‘Clued Up’ Your Mummy Ate My Football (password protected)</p> <p>Books:Your Mummy Ate my Football L James</p> <p>Book -True Love Babette Cole</p>	<p>Book - Where Willy Went’ by Nicholas Allan</p> <p>https://www.bbc.co.uk/bitesize/clips/zpmaxnb</p> <p>https://www.fpa.org.uk/sites/default/files/4you-growing-up-primary-school-booklet.pdf (If link won’t open, staff can access through PSHE Matters planning resource)</p> <p>https://www.fpa.org.uk/sites/default/files/periods-what-you-need-to-know.pdf (If link won’t open, staff can access through PSHE Matters planning resource)</p>
Privacy, boundaries and consent				
<p>Understand that some parts of the body are private</p>	<p>Explain what privacy and personal boundaries are.</p> <p>Resource – NSPCC ‘Stay Safe, Speak Out’</p>	<p>Reinforce Y3 learning</p>	<p>Understand what consent means and how to seek and give/ not give permission in different situations.</p>	<p>Reinforce Y5 learning adding legal consent in context of sex.</p>
<p>To identify different types of touch and how they make people feel.</p>	<p>Recognise uncomfortable/ comfortable behaviour online/ offline.</p> <p>Resource – National Online Safety</p>		<p>Analyse when behaviour including physical touch is acceptable, unacceptable, wanted or unwanted in different situations.</p>	
<p>About the difference between happy surprises and secrets that make them feel uncomfortable or worried and how to get help.</p>	<p>Know when it is right to break or keep a confidence or share a secret. Know how to ask for help.</p>		<p>Respond appropriately if someone asks them to keep a secret that makes them feel uncomfortable or try to persuade them to keep a secret that they are worried about. Identify who to ask for help.</p>	

