

Changing Me Summer 2			
Year group	Knowledge	Social and emotional skills	Questions for family learning
Reception	<p>Know the names and functions of some parts of the body (see vocabulary list). Know that we grow from baby to adult.</p> <p>Know who to talk to if they are feeling worried.</p> <p>Know that sharing how they feel can help solve a worry.</p> <p>Know that remembering happy times can help us move on.</p> <p>Children are encouraged to think about how they have changed from being a baby and what may change for them in the future. They consolidate the names and functions of some of the main parts of the body and discuss how these have changed. They learn that our bodies change as we get older in lots of different ways. Children understand that change can bring about positive and negative feelings, and that sharing these can help. They also consider the role that memories can have in managing change.</p>	<p>Can identify how they have changed from a baby. Can say what might change for them they get older.</p> <p>Recognise that changing class can illicit happy and/or sad emotions.</p> <p>Can say how they feel about changing class/ growing up.</p> <p>Can identify positive memories from the past year in school/ home.</p> <p><u>Key Vocabulary</u></p> <p>Eye, Foot, Eyebrow, Forehead, Ear, Mouth, Arm, Leg, Chest, Knee, Nose, Tongue, Finger, Toe, Stomach, Hand, Baby, Grown-up, Adult, Change, Worry, Excited, Memories.</p>	<p>Which parts of your body do you know the same of?</p> <p>Who can you talk to if you ever feel worried or frightened? (at school / at home)</p> <p>Can you tell me about a time when you felt really happy?</p>
Year 1	<p>Know that animals including humans have a life cycle.</p> <p>Know that changes happen when we grow up.</p> <p>Know that people grow up at different rates and that is normal.</p> <p>Know the names of male and female private body parts.</p> <p>Know that there are correct names for private body parts and nicknames, and when to use them.</p> <p>Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these.</p>	<p>Understand and accepts that change is a natural part of getting older.</p> <p>Can identify some things that have changed and some things that have stayed the same since being a baby (including the body).</p> <p>Can express why they enjoy learning.</p> <p>Can suggest ways to manage change</p>	<p>What is a life cycle?</p> <p>How will you change as you grow up?</p> <p>Who is the tallest / smallest in your class? Which parts of your body are private?</p> <p>Who is allowed to see your private body parts?</p>

	<p>Know who to ask for help if they are worried or frightened. Know that learning brings about change.</p> <p>Children are introduced to life cycles e.g. that of a frog and identify the different stages. They compare this with a human life cycle and look at simple changes from baby to adult e.g. getting taller, learning to walk etc. They discuss how they have changed so far and that people grow up at different rates. As part of a school's safeguarding duty, pupils are taught the correct words for private parts of the body (those kept private by underwear: vagina, anus, penis, testicles, vulva). They are also taught that nobody has the right to hurt these parts of the body. Change is discussed as a natural and normal part of getting older which can bring about happy and sad feelings. Children practise a range of skills to help manage their feelings and learn how to access help if they are worried about change, or if someone is hurting them</p>	<p>e.g. moving to a new class.</p> <p><u>Key Vocabulary</u> Changes, Life cycles, Baby, Adult, Adulthood, Grown-up, Mature, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Learn, New, Grow, Feelings, Anxious, Worried, Excited, Coping.</p>	<p>What should you do if you don't like the way someone is touching you? Who can you talk to if you ever feel worried or frightened? (at school / at home) What is the best part about being your age?</p>
Year 2	<p>Know that life cycles exist in nature. Know that aging is a natural process including old-age. Know that some changes are out of an individual's control. Know how their bodies have changed from when they were a baby and that they will continue to change as they age. Know the physical differences between male and female bodies. Know the correct names for private body parts.</p>	<p>Can appreciate that changes will happen and that some can be controlled and others not. Be able to express how they feel about changes. Show appreciation for people who are older.</p>	<p>What is a life cycle? How have you changed since you were a baby? How will you change over the next year / 5 years / 20 years? What changes can you / can't you control? Which parts are your private</p>

	<p>Know that private body parts are special and that no one has the right to hurt these.</p> <p>Know who to ask for help if they are worried or frightened.</p> <p>Know there are different types of touch and that some are acceptable and some are unacceptable.</p> <p>In this Puzzle children look at different life cycles in nature including that of humans. They reflect on the changes that occur (not including puberty) between baby, toddler, child, teenager, adult and old -age. Within this, children also discuss how independence, freedoms and responsibility can increase with age. As part of a school's safeguarding duty, pupils are re-taught the correct words for private parts of the body (those kept private by underwear: vagina, anus, penis, testicle, vulva). They are also reminded that nobody has the right to hurt these parts of the body, including a lesson on inappropriate touch and assertiveness. Children practise a range of strategies for managing feelings and emotions. They are also taught where they can get help if worried or frightened. Change is taught as a natural and normal part of growing up and the range of emotions that can occur with change are explored and discussed.</p>	<p>Can recognise the independence and responsibilities they have now compared to being a baby, or toddler.</p> <p>Can say what greater responsibilities and freedoms they may have in the future.</p> <p>Can say who they would go to for help if worried or scared.</p> <p>Can say what types of touch they find comfortable/ uncomfortable.</p> <p>Be able to confidently ask someone to stop if they are being hurt or frightened.</p> <p>Can say what they are looking forward to in the next year.</p> <p><u>Key Vocabulary</u></p> <p>Change, Grow, Control, Life cycle, Baby, Adult, Fully grown, Growing up, Old, Young, Change, Respect, Appearance, Physical, Baby, Toddler, Child, Teenager, Independent, Timeline, Freedom, Responsibilities, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Looking</p>	<p>parts?</p> <p>Who is allowed to see them?</p> <p>What would you do if someone was touching you and you didn't like it?</p> <p>Who can you talk to if you ever feel worried or frightened? (at school / at home) .</p> <p>What is your favourite part of PSHE lessons?</p>
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		forward, Excited, Nervous, Anxious, Happy.	
Year 3	<p>Know that in animals and humans lots of changes happen between conception and growing up.</p> <p>Know that in nature it is usually the female that carries the baby.</p> <p>Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops</p> <p>Know that babies need love and care from their parents/carers</p> <p>Know some of the changes that happen between being a baby and a child</p> <p>Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults.</p> <p>Know some of the outside body changes that happen during puberty.</p> <p>Know that change is a normal part of life and that some cannot be controlled and have to be accepted. (Year 4 lesson on Jigsaw).</p> <p>Know that change can bring about a range of different emotions. (Year 4 lesson on Jigsaw).</p> <p>This Puzzle (Puzzle) begins with an exploration about babies and what they need to grow and develop including parenting. Children learn that it is usually the female that carries the baby in nature. This leads onto lessons where puberty is introduced. Children first look at the outside body changes in males and females. They learn that puberty is a natural part</p>	<p>Can express how they feel about babies.</p> <p>Can describe the emotions that a new baby can bring to a family.</p> <p>Can express how they feel about puberty.</p> <p>Can say who they can talk to about puberty if they have any worries .</p> <p>Can identify stereotypical family roles and challenge these ideas e.g. it may not always be Mum who does the laundry.</p> <p>Can identify changes they are looking forward to in the next year .</p> <p>Can apply the circle of change model to themselves to have strategies for managing change.</p> <p>Have strategies for managing the emotions relating to change</p> <p><u>Key Vocabulary</u>  Changes, Circle, Change Birth, Animals, Babies, Mother, Growing up, Baby, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Control, Womb / uterus, Vagina, Stereotypes,</p>	<p>Can you tell me about some of the changes that happen to a puppy / kitten / baby as they grow up?</p> <p>Can we talk about some of the changes that are going to happen to you as you grow up? How do you feel about these changes?</p> <p>• Do you have any questions about the changes that are going to happen to you as you grow up?</p>

	<p>of growing up and that it is a process for getting their bodies ready to make a baby when grownup. Sexual intercourse and the birth of the baby is not taught in this year group.</p> <p>Children discuss how they feel about puberty and growing up and there are opportunities for them to seek reassurance if anything is worrying them.</p>	<p>Task, Roles, Challenge, Looking forward, Excited, Nervous, Anxious, Happy. Breasts, Penis, Testicles, Pubic Hair,</p>	
Year 4	<p>Know some of the changes on the inside that happen during puberty. (Year 3 lesson on Jigsaw).</p> <p>Understand what responsibilities there are in parenthood and the joy it can bring.</p> <p>Consider what has influenced my life and what might influence the lives of other people.</p> <p>Know the names of the different internal and external body parts that are needed to make a baby.</p> <p>Know how the female and male body change at puberty.</p> <p>Know that personal hygiene is important during puberty and as an adult.</p> <p>Know that change is a normal part of life and that some cannot be controlled and have to be accepted.</p> <p>Know that change can bring about a range of different emotions.</p> <p>In this Puzzle, children identify inside body changes in the growing up process. This lesson does not attempt any explanation of how the sperm and the egg come together.</p> <p>Bodily changes at puberty are revisited with some additional</p>	<p>Can appreciate their own uniqueness and that of others.</p> <p>Can express how they feel about having children when they are grown up.</p> <p>Can express any concerns they have about puberty.</p> <p>Can say who they can talk to about puberty if they are worried.</p> <p>Can suggest ways to help them manage feelings during changes they are more anxious about.</p> <p>Understand that having a baby is a personal choice and express how I feel about having children when I am an adult.</p> <p><u>Key Vocabulary</u></p> <p>Puberty, Male Female Testicles Sperm Penis Ovaries Egg, Ovum/ Ova, Womb/ Uterus, Vagina. Personal, Unique, Characteristics, Parents, Egg / ovum,</p>	<p>Which of your characteristics did you get from your birth parents?</p> <p>Can we talk about some of the changes that are going to happen to you as you grow up?</p> <p>Do you have any questions about the changes that happen to a girl when they grow up?</p> <p>How do you feel about the changes that will happen to you as you grow?</p>

	<p>vocabulary, particularly around menstruation. Sanitary health is taught, including introducing pupils to different sanitary and personal hygiene products. They understand what responsibilities there are in parenthood and the joy it can bring. The class will consider as what has influenced their life and what might influence the lives of other people. They are taught to understand that having a baby is a personal choice and express how they feel about having children when they are adults. The unit (Puzzle) ends by looking at the feelings associated with change and how to manage these. Children are introduced to Jigsaw's Circle of change model as a strategy for managing future changes.</p>	<p>Penis, Testicles, Vagina / vulva, Womb / uterus, Ovaries, Puberty, Menstruation, Periods, Circle, Change, Emotions, Acceptance, Looking forward, Excited, Nervous, Anxious, Happy, Feelings, Responsibility, Carers, Characteristics, Language, Mannerisms,, Influence.</p>	
Year 5	<p>Know what perception means and that perceptions can be right or wrong.</p> <p>Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally.</p> <p>Know that becoming a teenager involves various changes and also brings growing responsibility.</p> <p>In this Puzzle the children revisit self-esteem and self/body-image. They learn that we all have perceptions about ourselves and others, and these may be right or wrong. They also reflect on how social media and the media can promote unhelpful comparison and how to manage this. Puberty is revisited with further detail explaining bodily changes in males and females.. Children look at what becoming a</p>	<p>Can celebrate what they like about their own and others' self- image and body-image.</p> <p>Can suggest ways to boost self-esteem of self and others.</p> <p>Recognise that puberty is a natural process that happens to everybody and that it will be OK for them.</p> <p>Can ask questions about puberty to seek clarification.</p> <p>Can express how they feel about becoming a teenager.</p> <p>Can say who they can talk to if concerned about puberty, or becoming a teenager/adult</p>	<p>Can you tell me how you feel about yourself? What can people do if they don't feel great about themselves?</p> <p>Can I share with you how I see you and how I care about you?</p> <p>Do you have any worries about puberty?</p> <p>Do you have any questions about puberty?</p> <p>Do you have any questions that you'd like to ask me about how babies are conceived? • What do you think it will be like when you are a teenager?</p> <p>What kinds of things do you think you will be allowed to do when you</p>

	<p>teenager means for them with an increase in freedom, rights and responsibilities. They also look at the perceptions that surround teenagers and reflect whether they are always accurate e.g. teenagers are always moody; all teenagers have a boyfriend/girlfriend etc.</p>	<p><u>Vocabulary</u>            Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, Uterus, Womb, Oestrogen, Fallopian Tube, Cervix, Develops, Puberty, Breasts, Vagina, Vulva, Hips, Penis, Testicles, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Sperm, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised, Foetus,, Pregnancy, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights</p>	<p>are a teenager that you're not allowed to do now?            What do you enjoy about being your age now?</p>
Year 6	<p>Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally.            Know that sexual intercourse can lead to conception · Know that</p>	<p>Recognise ways they can develop their own self-esteem.            Can express how they feel about the changes that will happen to them during</p>	<p>Can we talk about the changes that will happen to your body over the next few years?            How do you feel about these</p>

	<p>some people need help to conceive and might use IVF. (Year 5 lesson on Jigsaw).</p> <p>Know the importance of self-esteem and what they can do to develop it.</p> <p>Know what they are looking forward to and what they are worried about when thinking about transition to secondary school / moving to their next class.</p> <p>In this Puzzle the class learn about puberty in boys and girls and the changes that will happen – they reflect on how they feel about these changes. Sexual intercourse is explained in slightly more detail than in the previous year in which it is taught through Science in terms of an egg and a sperm fertilising. Children are encouraged to ask questions and seek clarification about anything they don't understand. Further details about pregnancy are introduced including some facts about the development of the foetus and some simple explanation about alternative ways of conception e.g. IVF. Children learn that having a baby is a personal choice. Details of contraceptive options and methods are not taught as this is not age-appropriate. Reasons why people choose to be in a romantic relationship and choose to have a baby are also explored. They discuss relationships and the importance of mutual respect and not pressuring / being pressured into doing something that they don't want to. The children also learn about self-esteem, why it is important and ways to</p>	<p>puberty.</p> <p>Can celebrate what they like about their own and others' self- image and body- image.</p> <p>Use strategies to prepare themselves emotionally for the transition (changes) to secondary school</p> <p>Can express how they feel about having a romantic relationship when they are an adult.</p> <p>Can express how they feel about having children when they are an adult.</p> <p><u>Vocabulary</u></p> <p>Independence Identity Values Relationships Pressure Adolescence, Conception, Having sex, Sexual intercourse, Making love, Embryo, Umbilical cord, IVF</p> <p>Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, negative body-talk, mental health, Uterus, Womb, Oestrogen, Fallopian Tube, Cervix, Develops, Puberty, Breasts, Vagina, Vulva, Hips, Penis, Testicles,</p>	<p>changes?</p> <p>What does mutual respect mean?</p> <p>Why is that important in a relationship? • What are you excited about in secondary school?</p> <p>What are you worried about in secondary school?</p> <p>What can we do with these worries?</p>
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	<p>develop it. Finally, they look at the transition to secondary school (or next class) and what they are looking forward to / are worried about and how they can prepare themselves mentally</p>	<p>Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Sperm, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised, Conception, Having sex, Sexual intercourse, Making love, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights, opportunities, freedoms, responsibilities, attraction, relationship, love, transition, secondary, looking forward, journey, worries, anxiety, excitement .</p>	
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