

PROGRESSION: 6.CHANGING ME (PSHE SMSC)



	YEAR 3 PLANNING	YEAR 4 PLANNING	YEAR 5 PLANNING	YEAR 6 PLANNING
T H E C H I L D R E N W I L L	YEAR 3	YEAR 4	YEAR 5	YEAR 6
	<ul style="list-style-type: none"> learn about babies and what they need to grow and develop including parenting be taught that it is usually the female that carries the baby in nature know outside body changes in males and female learn that puberty is a natural part of growing up learn that females have eggs (ova) in their ovaries and these are released monthly. If unfertilised by a male's sperm, it passes out of the body as a period 	<ul style="list-style-type: none"> revisit bodily changes with some additional vocabulary, particularly around menstruation be introduced to sanitary health and to different sanitary and personal hygiene products be introduced to conception in simple terms so the children understand that a baby is formed by the joining of an ovum and sperm learn that the ovum and sperm carry genetic information that carry personal characteristics 	<ul style="list-style-type: none"> revisit puberty in further detail, explaining usual bodily changes in males and females understand age appropriate facts around sexual intercourse be encouraged to ask questions and seek clarification about anything they don't understand be given details about pregnancy be introduced to some facts about the development of the foetus and some simple explanation about alternative ways of conception, e.g. IVF learn that having a baby is a personal choice learn reasons why people choose to be in a romantic relationship and choose to have a baby are also explored look at what becoming a teenager means for them with an increase in freedom, rights and responsibilities consider 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. 	<ul style="list-style-type: none"> learn about puberty in boys and girls and the changes that will happen; they reflect on how they feel about these changes learn about childbirth and the stages of development of a baby, starting at conception explore what it means to be physically attracted to someone and the effect this can have upon the relationship learn about different relationships and the importance of mutual respect and not pressuring/being pressured into doing something that they don't want to understand differences in relationships (LGBTQ etc)
	<ul style="list-style-type: none"> express how they feel about puberty identify stereotypical family roles and challenge these ideas, e.g. it may not always be Mum who does the laundry describe the emotions that a new baby can bring to a family 	<ul style="list-style-type: none"> appreciate their own uniqueness and that of others express how they feel about having children when they are grown up 	<ul style="list-style-type: none"> recognise that puberty is a natural process that happens to everybody and that it will be OK for them ask questions about puberty to seek clarification express how they feel about having 	<ul style="list-style-type: none"> understand that mutual respect is essential in an adult romantic relationship and that they shouldn't feel pressured express how they feel about the changes that will happen to them

	<ul style="list-style-type: none"> express how they feel about babies 		<ul style="list-style-type: none"> children when they are an adult express how they feel about having a romantic relationship when they are an adult express how they feel about becoming a teenager 	<ul style="list-style-type: none"> during puberty recognise how they feel when they reflect on the development and birth of a baby
	<ul style="list-style-type: none"> discuss how they feel about puberty and growing up and there are opportunities for them to seek reassurance if anything is worrying them 	<ul style="list-style-type: none"> look at the feelings associated with change and how to manage these 	<ul style="list-style-type: none"> revisit self-esteem, self-image and body image learn that we all have perceptions about ourselves and others, and these may be right or wrong reflect on how social media and the media can promote unhelpful comparison and how to manage this 	<ul style="list-style-type: none"> learn about self-esteem, why it is important and ways to develop it 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
	<ul style="list-style-type: none"> say who they can talk to about puberty if they have any worries suggest ways to help them manage feelings during changes they are more anxious about identify changes they are looking forward to in the next year 	<ul style="list-style-type: none"> express any concerns they have about puberty have strategies for managing the emotions relating to change say who they can talk to about puberty if they are worried apply the circle of change model to themselves to have strategies for managing change 	<ul style="list-style-type: none"> celebrate what they like about their own and others' self-image and body image suggest ways to boost self-esteem of self and others say who they can talk to if concerned about puberty or becoming a teenager/adult 	<ul style="list-style-type: none"> recognise ways they can develop their own self esteem celebrate what they like about their own and others' self-image and body image use strategies to prepare themselves emotionally for the transition (changes) to secondary school

	YEAR 3	YEAR 4	YEAR 5	YEAR 6
T A U G H T K N O	<ul style="list-style-type: none"> Know that the male and female body naturally changes at puberty so their bodies can make babies when they are adults Know some of the outside body changes that happen during puberty Know some of the changes on the inside that happen during puberty Know that in animals and humans lots of changes happen between conception and growing up Know that in nature it is usually the female that carries the baby Know that in humans, usually the female carries the baby in their uterus (womb) and this is where it develops 	<ul style="list-style-type: none"> Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm Know that babies are made by a sperm joining with an ovum Know the names of the different internal and external body parts that are needed to make a baby Know how the female and male body usually changes at puberty Know that personal hygiene is important during puberty and as an adult Know that change is a normal part of life 	<ul style="list-style-type: none"> 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 some people need help to conceive and might use IVF Know that becoming a teenager involves various changes and also brings growing responsibility Know what perception means and that perceptions can be right or wrong 	<ul style="list-style-type: none"> Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally Know how a baby develops from conception, usually through nine months of pregnancy and how it is born Know how being physically attracted to someone changes the nature of the relationship

W L E D G E	<ul style="list-style-type: none"> • Know that babies need love and care from their parents/carers • Know some of the changes that happen between being a baby and a child 			
	<ul style="list-style-type: none"> • Know that there are a range of feelings and emotions that come with these changes • Know what they are looking forward to and what they are worried about when thinking about transition 	<ul style="list-style-type: none"> • Know that change can bring about a range of different emotions • Know what they are looking forward to and what they are worried about when thinking about transition 	<ul style="list-style-type: none"> • Know the importance of self image • Know what they are looking forward to and what they are worried about when thinking about transition 	<ul style="list-style-type: none"> • Know the importance of self-esteem and what they can do to develop it • 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
British Values related to: Mutual Respect Tolerance Individual Liberty Rule of Law				
9 Protected Characteristics related to: Gender Sex and sexual orientation Pregnancy				