

Year Group	Unit Lessons		
Nursery	<p>Growing and changing in nature</p> <ul style="list-style-type: none"> • Describe seasonal changes • Use key vocabulary relating to natural change, e.g. weather, seasons, cold, hot • Describe the life cycle of an animal 	<p>When I was a baby</p> <ul style="list-style-type: none"> • Talk about how babies change as they grow • Explain what babies need and how this changes as they grow • Share their own experiences and listen to those of the others 	<p>Girls, boys and families</p> <ul style="list-style-type: none"> • Talk about the similarities and differences between themselves • Play inclusively with their friends • Think differently and more openly about what a family may look like
Unit vocabulary	change grow temperature hear see smell different remember seasons weather warmer	grow change bigger taller	Private parts Safety Friends Family Similarities Differences

Reception	<p>Seasons</p> <ul style="list-style-type: none"> Name the different seasons and describe their differences Explain the changes that occur as seasons change 	<p>Life stages – plants, animals, humans</p> <ul style="list-style-type: none"> Understand that animals and humans change in appearance over time Make observations and ask questions about living things 	<p>Life stages – Human life stage – who will I be?</p> <ul style="list-style-type: none"> Use language and describe the different life stages of: baby, child, teenager, adult, older age Talk about their own experience of growing up 	<p>Where do babies come from?</p> <ul style="list-style-type: none"> Know a baby grows inside a mother's tummy Understand that every family is different Talk about similarities and differences between themselves and others 	<p>Getting Bigger</p> <ul style="list-style-type: none"> Talk about how they have changed as they have grown Explain the differences between babies, children and adults Understand that we are all unique 	<p>Me and my body</p> <ul style="list-style-type: none"> Name the parts of the body using the correct vocabulary Know there are parts of the body that are private Tell or ask an appropriate adult for help if they feel unsafe
Unit Vocabulary	<p>Seasons Spring Summer Autumn Winter Cycle</p>	<p>Growing Life cycles Seed Egg Baby Grow Change Old Young</p>	<p>Baby Child Teenager Adult Old Age</p>	<p>Family Baby Love Care Tummy Pregnancy Adoption Similarities Differences</p>	<p>Baby Child Teenager Adult Grow Families Adoption Differences Unique</p>	<p>Private Parts Penis Vagina Bottom Privacy Safe Unsafe</p>

Year 1	Healthy Me <ul style="list-style-type: none"> Understand that the body gets energy from food, water and air (oxygen); Recognise that exercise and sleep are important parts of a healthy lifestyle. 	Then and now <ul style="list-style-type: none"> Identify things they could do as a baby, a toddler and can do now. Identify the people who help/helped them at those different stages. 	Taking care of a baby <ul style="list-style-type: none"> Understand some of the tasks required to look after a baby; Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding. 	Who can Help? (2) <ul style="list-style-type: none"> Explain the difference between teasing and bullying; Give examples of what they can do if they experience or witness bullying; Say who they could get help from in a bullying situation. 	Surprises and Secrets <ul style="list-style-type: none"> Explain the difference between a secret and a nice surprise; Identify situations as being secrets or surprises Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep. 	Keeping Privates Private <ul style="list-style-type: none"> Identify parts of the body that are private; Describe ways in which private parts can be kept private; Identify people they can talk to about their private parts.
Unit Vocabulary	energy water food air oxygen exercise sleep healthy	change growing size height needs help	caring love needs attention help	unkind unkindness tease teasing bullying bully witness experience getting help	surprise secret	Private Privacy Penis Vagina Hygiene Sore Help Change Doctor Bottom

Year 2	<p>A Helping Hand</p> <ul style="list-style-type: none"> Demonstrate simple ways of giving positive feedback to others. 	<p>Sam Moves Away</p> <ul style="list-style-type: none"> Recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to. 	<p>Haven't you Grown!</p> <ul style="list-style-type: none"> Identify different stages of growth (e.g. baby, toddler, child, teenager, adult); Understand and describe some of the things that people are capable of at these different stages. 	<p>My body, your body</p> <ul style="list-style-type: none"> Identify which parts of the human body are private; Understand that humans mostly have the same body parts but that they can look different from person to person 	<p>Respecting Privacy</p> <ul style="list-style-type: none"> Explain what privacy means; Know that you are not allowed to touch someone's private belongings without their permission; Give examples of different types of private information. 	<p>Some secrets should never be kept</p> <ul style="list-style-type: none"> Identify how inappropriate touch can make someone feel; Understand that there are unsafe secrets and secrets that are nice surprises; Explain that if someone is being touched in a way that they don't like they have to tell someone in their safety network so they can help it stop.
Unit Vocabulary	help support supportive	change loss feelings emotions frightened nervous	growing food rest sleep care learning change forward looking making choices asking permission	unique special penis vagina nipples testicles bottom private parts genitals	genitals penis vagina private privacy consent permission	genitals penis vagina private private parts consent permission secret unsafe uncomfortable trust

Year 3	Relationship Tree <ul style="list-style-type: none"> Identify different types of relationships Recognise who they have positive healthy relationships with. 	Body Space <ul style="list-style-type: none"> Understand what is meant by the term body space (or personal space); Identify when it is appropriate or inappropriate to allow someone into their body space; Rehearse strategies for when someone is inappropriately in their body space. 	None of your business! <ul style="list-style-type: none"> Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens; Recognise and describe appropriate behaviour online as well as offline; Identify what constitutes personal information and when it is not appropriate or safe to share this; Understand and explain how to get help in a situation where requests for images or information of themselves or others occurs. 	Secret or Surprise <ul style="list-style-type: none"> Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; Recognise how different surprises and secrets might make them feel; Know who they could ask for help if a secret made them feel uncomfortable or unsafe. 	Basic First Aid – Giving First Aid <ul style="list-style-type: none"> How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries.
Unit Vocabulary	positive relationships healthy trust caring	personal space body space invade uncomfortable respect stop touch	internet safety public private personal information profile	secret surprise feelings uncomfortable angry upset jealous worried excited scared talk	first aid risk accident danger hazard kettle safe burn scald emergency

Year 4	<p>Moving House</p> <ul style="list-style-type: none"> Describe some of the changes that happen to people during their lives; Explain how the Learning Line can be used as a tool to help them 	<p>My Feelings are all over the Place</p> <ul style="list-style-type: none"> Name some positive and negative feelings; Understand how the onset of puberty can have emotional as well as physical impact Suggest reasons why young people sometimes fall out with their parents; Take part in a role play practising how to compromise. 	<p>All Change!</p> <ul style="list-style-type: none"> Identify parts of the body that males and females have in common and those that are different Know the correct terminology for their genitalia Understand and explain why puberty happens. 	<p>Preparing for changes and puberty</p> <ul style="list-style-type: none"> Know the key facts of the menstrual cycle Understand that periods are a normal part of puberty for girls Identify some of the ways to cope better with periods. 	<p>Together</p> <ul style="list-style-type: none"> Understand that marriage is a commitment to be entered into freely and not against someone's will; Recognise that marriage includes same sex and opposite sex partners Know the legal age for marriage in England or Scotland; Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.
Unit vocabulary	learning line practice change growth mindset	compromise hormones puberty feelings independence conflict mood swings	Correct terminology for a range of body parts e.g. breast, nipple, anus scrotum, vulva Terminology relating to Puberty e.g. menstrual cycle, periods, egg, wet dreams, body odour, hygiene, voice breaking, body/pubic hair	puberty menstrual cycle periods menstruation womb uterus tampon pads wet dreams	marriage live together civil partnership forced marriage

Year 5	How are they Feeling? <ul style="list-style-type: none"> • Use a range of words and phrases to describe the intensity of different feelings • Distinguish between good and not so good feelings, using appropriate vocabulary to describe these; • Explain strategies they can use to build resilience. 	Taking Notice of our Feelings <ul style="list-style-type: none"> • Identify people who can be trusted; • Understand what kinds of touch are acceptable or unacceptable; • Describe strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch. 	Dear Ash <ul style="list-style-type: none"> • Explain the difference between a safe and an unsafe secret; • Identify situations where someone might need to break a confidence in order to keep someone safe. 	Growing up and Changing Bodies <ul style="list-style-type: none"> • Identify some products that they may need during puberty and why; • Know what menstruation is and why it happens. 	Changing Bodies and Feelings <ul style="list-style-type: none"> • Know the correct words for internal and external body parts • Discuss some of the myths associated with puberty. 	Help! I'm teenager – get me out of here! <ul style="list-style-type: none"> • Recognise how our body feels when we're relaxed; • List some of the ways our body feels when it is nervous or sad; • Describe and/or demonstrate how to be resilient in order to find someone who will listen to you.
Unit vocabulary	wellbeing resilience	trust resilience unwanted attention unwanted touch	in confidence confidential privacy secret safe/unsafe advice	puberty genitalia menstruation semen period period/menstruation pad tampon managing feelings	Correct terminology for a range of external body parts e.g. penis, testicle, scrotum, anus, labia, vulva, pubic hair Terminology relating to Puberty e.g. menstrual cycle, periods, egg, wet dreams, body odour, hygiene, voice breaking, body/pubic hair	hormones compromise respect mood swings conflict puberty emotional changes

6	<p>I look Great!</p> <ul style="list-style-type: none"> Understand that fame can be short-lived; Recognise that photos can be changed to match society's view of perfect; Identify qualities that people have, as well as their looks. 	<p>Media Manipulation</p> <ul style="list-style-type: none"> Define what is meant by the term stereotype Recognise how the media can sometimes reinforce gender stereotypes Recognise that people fall into a wide range of what is seen as normal Challenge stereotypical gender portrayals of people. 	<p>Pressure Online</p> <ul style="list-style-type: none"> Understand the risks of sharing images online and how these are hard to control, once shared; Understand that people can feel pressured to behave in a certain way because of the influence of the peer group Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be. 	<p>Helpful or unhelpful? Managing Change</p> <ul style="list-style-type: none"> Recognise some of the changes they have experienced and their emotional responses to those changes Suggest positive strategies for dealing with change Identify people who can support someone who is dealing with a challenging time of change. 	<p>Managing change</p> <ul style="list-style-type: none"> Recognise some of the changes they have experienced and their emotional responses to those changes Suggest positive strategies for dealing with change Identify people who can support someone who is dealing with a challenging time of change. 	<p>Is this normal?</p> <ul style="list-style-type: none"> Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it Suggest strategies that would help someone who felt challenged by the changes in puberty Understand what FGM is and that it is an illegal practice in this country Know where someone could get support if they were concerned about their own or another person's safety.
Unit vocabulary	body image self esteem manipulation	media manipulation stereotype gender stereotype	peer pressure right to privacy sharing online online safety	change support conversation discuss	change support conversation discuss	puberty physical changes emotional changes rights FGM periods mood swings spots voice deepening period products vulva

