

Year 1

<p>Can express how they feel when change happens</p>	<p>Changing Me</p> <ul style="list-style-type: none"> • <i>Change</i> • <i>Life cycle</i> • <i>Baby Adult</i> • <i>Grown up</i> 	<p>I can tell you some things about me that have changed and some things about me that have stayed the same</p>	<p>I know that changes are OK and that sometimes they will happen whether I want them to or not</p>
<p>Understand and respect the changes that they see in themselves</p>	<p>My Changing Body</p> <ul style="list-style-type: none"> • <i>Baby</i> • <i>Growing up</i> • <i>Adult</i> • <i>Change</i> 	<p>I can tell you how my body has changed since I was a baby</p>	<p>I understand that growing up is natural and that everybody grows at different rates</p>
<p>Know who to ask for help if they are worried about change</p>	<p>Learning and Growing</p> <ul style="list-style-type: none"> • <i>Learn</i> • <i>New</i> • <i>Grow</i> • <i>Change</i> 	<p>I understand that every time I learn something new I change a little bit</p>	<p>I enjoy learning new things</p>
<p>Are looking forward to change</p>	<p>Coping with Changes</p> <ul style="list-style-type: none"> • <i>Change</i> • <i>Feelings</i> • <i>Anxious</i> • <i>Worried</i> • <i>Excited</i> • <i>Coping</i> 	<p>I can tell you about changes that have happened in my life</p>	<p>I know some ways to cope with changes</p>

<p>Can express how they feel when change happens</p>	<p>Growing from Young to Old</p> <ul style="list-style-type: none"> • <i>Growing up</i> • <i>Old</i> • <i>Young</i> • <i>Change</i> • <i>Respect</i> • <i>Appearance</i> • <i>Physical</i> 	<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>I can identify people I respect who are older than me</p>
<p>Understand and respect the changes that they see in themselves</p>	<p>The Changing Me</p> <ul style="list-style-type: none"> • <i>Baby</i> • <i>Toddler</i> • <i>Child</i> • <i>Teenager</i> • <i>Adult</i> • <i>Independent</i> • <i>Timeline</i> • <i>Freedom</i> • <i>Responsibilities</i> 	<p>I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old</p>	<p>I feel proud about becoming more independent</p>
<p>Know who to ask for help if they are worried about change</p>	<p>Assertiveness</p> <ul style="list-style-type: none"> • <i>Touch</i> • <i>Texture</i> • <i>Cuddle</i> • <i>Hug</i> • <i>Squeeze</i> • <i>Like</i> • <i>Dislike</i> • <i>Comfortable</i> • <i>Uncomfortable</i> 	<p>I understand there are different types of touch and can tell you which ones I like and don't like</p>	<p>I am confident to say what I like and don't like and can ask for help</p>
<p>Are looking forward to change</p>	<p>Looking Ahead</p> <ul style="list-style-type: none"> • <i>Change</i> • <i>Looking forward</i> • <i>Excited</i> • <i>Nervous</i> • <i>Anxious</i> • <i>Happy</i> 	<p>I can identify what I am looking forward to when I move to my next class</p>	<p>I can start to think about changes I will make when I am in my next class and know how to go about this</p>

Year 3



<p>Understand that everyone is unique and special</p>	<p>How Babies Grow</p> <p><i>Male</i> <i>Female</i> <i>Changes</i> <i>Birth</i> <i>Animals</i> <i>Babies</i> <i>Mother</i> <i>Growing up</i></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>I can express how I feel when I see babies or baby animals</p>
<p>Know who to ask for help if they are worried about change</p>	<p>Family Stereotypes</p> <p><i>Stereotypes</i> <i>Task</i> <i>Roles</i> <i>Challenge</i></p>	<p>I can start to recognise stereotypical ideas I might have about parenting and family roles</p>	<p>I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes</p>
<p>Are looking forward to change</p>	<p>Looking Ahead</p> <p><i>Change</i> <i>Looking forward</i> <i>Excited</i> <i>Nervous</i> <i>Anxious</i> <i>Happy</i></p>	<p>I can identify what I am looking forward to when I move to my next class</p>	<p>I can start to think about changes I will make next year and know how to go about this</p>

Year 4

<p>Understand that everyone is unique and special</p>	<p>Unique Me</p> <ul style="list-style-type: none"> • <i>Personal</i> • <i>Unique</i> • <i>Characteristics</i> • <i>Parents</i> • <i>Gene</i> 	<p>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</p>	<p>I appreciate that I am a truly unique human being</p>
<p>Understand and respect the changes that they see in other people</p>	<p>Circles of Change</p> <ul style="list-style-type: none"> • <i>Circle</i> • <i>Seasons</i> • <i>Change</i> • <i>Control</i> 	<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 am confident enough to try to make changes when I think they will benefit me</p>
<p>Know who to ask for help if they are worried about change</p>	<p>Accepting Change</p> <ul style="list-style-type: none"> • <i>Emotions</i> • <i>Control</i> • <i>Change</i> • <i>Acceptance</i> 	<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 express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</p>
<p>Are looking forward to change</p>	<p>Looking Ahead</p> <ul style="list-style-type: none"> • <i>Change</i> • <i>Looking forward</i> • <i>Excited</i> • <i>Nervous</i> • <i>Anxious</i> • <i>Happy</i> 	<p>I can identify what I am looking forward to when I move to a new class</p>	<p>I can reflect on the changes I would like to make next year and can describe how to go about these</p>



<p>Understand that everyone is unique and special</p>	<p>Self and Body Image</p> <ul style="list-style-type: none"> • <i>Self</i> • <i>Self-image</i> • <i>Body image</i> • <i>Self-esteem</i> • <i>Perception</i> • <i>Characteristics</i> • <i>Aspects</i> • <i>Affirmation</i> 	<p>I am aware of my own self-image and how my body image fits into that</p>	<p>I know how to develop my own self esteem</p>
<p>Can express how they feel when change happens</p>	<p>Puberty for Girls</p> <ul style="list-style-type: none"> • <i>Puberty</i> • <i>Menstruation</i> • <i>Periods</i> • <i>Menstrual towels</i> • <i>Menstrual pads</i> • <i>Tampons</i> • <i>Ovary/ Ovaries</i> • <i>Vagina</i> • <i>Oestrogen</i> • <i>Vulva</i> • <i>Womb/Uterus</i> 	<p>I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally</p>	<p>I understand that puberty is a natural process that happens to everybody and that it will be ok for me</p>
<p>Understand and respect the changes that they see in themselves</p>	<p>Puberty for boys</p> <ul style="list-style-type: none"> • <i>Puberty</i> • <i>Sperm</i> • <i>Semen</i> • <i>Testicles/Testes</i> • <i>Larynx</i> • <i>Facial hair</i> • <i>Growth spurt</i> • <i>Hormones</i> 	<p>I can describe how boys' and girls' bodies change during puberty</p>	<p>I can express how I feel about the changes that will happen to me during puberty</p>
<p>Know who to ask for help if they are worried about change</p>	<p>Looking Ahead 1</p> <p>Puzzle Outcome: Change Cards</p> <ul style="list-style-type: none"> • <i>Teenager</i> • <i>Milestone</i> • <i>Perceptions</i> • <i>Puberty</i> • <i>Responsibilities</i> 	<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 am confident that I can cope with the changes that growing up will bring</p>

	<ul style="list-style-type: none"> • <i>Consent</i> 		
Are looking forward to change	Looking Ahead 2 <ul style="list-style-type: none"> • <i>Change</i> • <i>Hope</i> • <i>Manage</i> • <i>Cope</i> • <i>Opportunities</i> • <i>Emotions</i> • <i>Fear</i> • <i>Excitement</i> • <i>Anxious</i> 	I can identify what I am looking forward to when I move to my next class.	I can start to think about changes I will make next year and know how to go about this.

Year 6

<p>Can express how they feel when change happens</p>	<p>Puberty</p> <ul style="list-style-type: none"> • <i>Opportunities</i> • <i>Freedoms</i> • <i>Responsibilities</i> • <i>Puberty</i> 	<p>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p>	<p>I can express how I feel about the changes that will happen to me during puberty</p>
<p>Understand and respect the changes that they see in other people</p>	<p>Boyfriends and Girlfriends</p> <ul style="list-style-type: none"> • <i>Attraction</i> • <i>Relationship</i> • <i>Pressure</i> • <i>Love</i> • <i>Sexting</i> • <i>Consent</i> 	<p>I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend</p>	<p>I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to</p>
<p>Understand and respect the changes that they see in other people</p>	<p>Adolescent Friendships</p> <ul style="list-style-type: none"> • <i>Independence</i> • <i>Identity</i> • <i>Values</i> • <i>Relationships</i> • <i>Pressure</i> • <i>Adolescent</i> 	<p>I know myself well enough to maintain positive relationships with others whilst still keeping my own identity</p>	<p>I can be assertive when appropriate</p>
<p>Know who to ask for help if they are worried about change</p>	<p>Real self and ideal self</p> <ul style="list-style-type: none"> • <i>Self-esteem</i> • <i>Negative body-talk</i> • <i>Choice</i> • <i>Feelings/emotions</i> • <i>Challenge</i> • <i>Mental health</i> 	<p>I am aware of the importance of a positive self-esteem and what I can do to develop it</p>	<p>I can express how I feel about my self-image and know how to challenge negative 'body-talk'</p>
<p>Are looking forward to change</p>	<p>The Year Ahead</p> <ul style="list-style-type: none"> • <i>Transition</i> • <i>Secondary</i> • <i>Looking forward</i> • <i>Journey</i> • <i>Worries</i> • <i>Anxiety</i> 	<p>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.</p>	<p>I know how to prepare myself emotionally for the changes next year.</p>

	<ul style="list-style-type: none">• <i>Hopes</i>• <i>Excitement</i>		
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