

Changing Me



Early Years

Bodies
Respecting my body
Growing up
Growth and change
Fun and fears
Celebrations

Year One

Life cycles – animal and human
Changes in me
Changes since being a baby
Differences between female and male
bodies (correct terminology)
Linking growing and learning
Coping with change
Transition

Year Two

Life cycles in nature
Growing from young to old
Increasing independence
Differences in female and male
bodies (correct terminology)
Assertiveness
Preparing for transition

Year Three

How babies grow
Understanding a baby's needs
Outside body changes
Inside body changes
Family stereotypes
Challenging my ideas
Preparing for transition

Year Four

Being unique
Having a baby
Girls and puberty
Confidence in change
Accepting change
Preparing for transition
Environmental change

Year Five

Self- and body image
Influence of online and media on body
image
Puberty for girls
Puberty for boys
Conception
Growing responsibility
Coping with change
Preparing for transition

Year Six

Self-image
Body image
Puberty and feelings
Conception to birth
Reflections about change
Physical attraction
Respect and consent
Boyfriends/girlfriends
Transition

