

## Relationship, Sex and Health Education: 'Changing Me' Unit

Age	Overview	Understanding taught
Foundati on	<ul style="list-style-type: none"> <li>• Growing Up</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding how we have changed since we were babies.</li> </ul>
Year 1	<ul style="list-style-type: none"> <li>• My Changing Body</li> <li>• Boys' and Girls' Bodies</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding that growing and changing is natural and happens to everybody at different rates.</li> <li>• Understanding and appreciating the parts of the body that make us different and using the correct names for them.</li> </ul>
Year 2	<ul style="list-style-type: none"> <li>• The Changing Me</li> <li>• Boys and Girls</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding where we are on the journey from young to old.</li> <li>• Understanding the differences between boys and girls. Understanding which parts of the body are private.</li> </ul>
Year 3	<ul style="list-style-type: none"> <li>• Outside Body Changes</li> <li>• Inside Body Changes</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding how our bodies need to change so they can make babies when we grow up.</li> <li>• Understand how our body changes inside so we can make babies as we grow up.</li> </ul>
Year 4	<ul style="list-style-type: none"> <li>• Having a Baby</li> <li>• Girls and Puberty</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding we have a choice to have a baby and the parts of men and women and, in simple terms, <b>how making babies happens.</b></li> <li>• How a girl's body changes so that she can have a baby when she is an adult - including mensuration.</li> </ul>
Year 5	<ul style="list-style-type: none"> <li>• Puberty for Girls</li> <li>• Puberty for Boys</li> <li>• Conception</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the physical changes and the importance of looking after yourself.</li> <li>• Understanding of changes for both sexes</li> <li>• <b>Understanding the place of sexual intercourse in a relationship and how it can lead to conception.</b></li> </ul>
Year 6	<ul style="list-style-type: none"> <li>• Puberty</li> <li>• Girl Talk / Boy Talk</li> <li>• Conception to Birth</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding the physical and emotional changes and how they affect us.</li> <li>• An opportunity to ask questions and reflect.</li> <li>• <b>Understanding the story of conception through to birth.</b></li> </ul>

Content in red is non-statutory in the RSE curriculum (but most could be covered within the Science curriculum, which is statutory)