

High Littleton Church of England Primary School
Relationship, Sex and Health Education: 'Changing Me' Unit

Year Group	
Reception	<p>Lesson 1: My Body - I can name parts of the body. Lesson 2: Respecting My Body - I can tell you some of the things I can do and foods I can eat to be healthy. Lesson 3: Growing Up - I understand that we all grow from babies to adults. Lesson 4: Fun and Fears - I can express how I feel about moving to Year 1. Lesson 5: Fun and Fears - I can talk about how I feel about my worries and/or the things I am looking forward to about being in Year 1. Lesson 6: Celebration - I can share my memories of the best bits of this year in Reception.</p>
Year 1	<p>Lesson 1: Life cycles - I am starting to understand the life cycles of animals and humans. Lesson 2: Changing Me - I can tell you some things about me that have changed and some things about me that have stayed the same. Lesson 3: My Changing Body - I can tell you how my body has changed since I was a baby. Lesson 4: Boys' and Girls' Bodies - I can identify the parts of the body that make boys different from girls and can use the correct names for these: penis, testicles, vagina, vulva, anus. Lesson 5: Learning and Growing - I understand that every time I learn something new I change a little bit. Lesson 6: Coping with Changes - I can tell you about changes that have happened in my life.</p>
Year 2	<p>Lesson 1: Life Cycles in Nature - I can recognise cycles of life in nature. Lesson 2: Growing from Young to Old - I can tell you about the natural process of growing from young to old and understand that this is not in my control. Lesson 3: The Changing Me - I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old. Lesson 4: Boys' and Girls' Bodies - I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private. Lesson 5: Assertiveness - I understand there are different types of touch and can tell you which ones I like and don't like. Lesson 6: Looking Ahead - I can identify what I am looking forward to when I move to my next class.</p>

Year 3	<p>Lesson 1: How Babies Grow - <i>I understand that in animals and humans lots of changes happen between birth and growing up, and that usually it is the female who has the baby.</i></p> <p>Lesson 2: Babies - <i>I understand how babies grow and develop in the mother's uterus and what a baby needs to live and grow.</i></p> <p>Lesson 3: Outside Body Changes - <i>I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. I can also identify how boys' and girls' bodies change on the outside during this growing up process.</i></p> <p>Lesson 4: Inside Body Changes - <i>I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up.</i></p> <p>Lesson 5: Family Stereotypes - <i>I can start to recognise stereotypical ideas I might have about parenting and family roles.</i></p> <p>Lesson 6: Looking Ahead - <i>I can identify what I am looking forward to when I move to my next class.</i></p>
Year 4	<p>Lesson 1: Unique Me - <i>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.</i></p> <p>Lesson 2: Having a Baby - <i>I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby.</i></p> <p>Lesson 3: Girls and Puberty - <i>I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.</i></p> <p>Lesson 4: Circles of Change - <i>I know how the circle of change works and can apply it to changes I want to make in my life.</i></p> <p>Lesson 5: Accepting Change - <i>I can identify changes that have been and may continue to be outside of my control that I learnt to accept.</i></p> <p>Lesson 6: Looking Ahead - <i>I can identify what I am looking forward to when I move to a new class.</i></p>
Year 5	<p>Lesson 1: Self and Body Image - <i>I am aware of my own self-image and how my body image fits into that.</i></p> <p>Lesson 2: Puberty for Girls - <i>I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.</i></p> <p>Lesson 3: Puberty for Boys - <i>I can describe how boys' and girls' bodies change during puberty.</i></p> <p>Lesson 4: Conception - <i>I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby.</i></p> <p>Lesson 5: Looking Ahead - <i>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).</i></p> <p>Lesson 6: Looking Ahead - <i>I can identify what I am looking forward to when I move to my next class.</i></p>

Year 6

Lesson 1: My Self Image - *I am aware of my own self-image and how my body image fits into that.*

Lesson 2: Puberty - *I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.*

Lesson 3: Babies: Conception to Birth - *I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.*

Lesson 4: Boyfriends and Girlfriends - *I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.*

Lesson 5: Real self and ideal self - *I am aware of the importance of a positive self-esteem and what I can do to develop it.*

Lesson 6: The Year Ahead - *I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to a new year group.*