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| Relationships and Health Education at  St Mary’s Primary School  ‘Changing Me’ | |
| Reception | * Bodies * Respecting my body * Growing up * Growth and change * Fun and fears * Celebrations   Teachers will use the correct terminology to talk about private body parts if children refer to them in learning time. |
| Year 1 | * Life cycles-animal and human * Changes in me (Baby photographs needed) * Changes since being a baby * Differences between female and male bodies (correct terminology) * Linking growing and learning * Coping with change * Transition |
| Year 2 | * Life cycles in nature * Growing from young to old (Invitation for grandparent visits when this can be done in a safe way) * Increasing independence (Growing up items required) * Differences in female and male bodies (correct terminology) (clothing including underwear required) * Assertiveness * Preparing for transition |
| Year 3 | * How babies grow * Understanding a baby’s needs * Family stereotypes * Challenging my ideas * Preparing for transition |
| Year 4 | * Being unique * Confidence in change * Accepting change in the outside (no video required) * Changes on the inside (Male/female reproduction system is shown without subtitles. * Preparing for transition * Environmental change |
| Year 5 | * Self and body image * Influence of online and media on body image * Having a baby (female reproduction system video is shown with/without narrative * Girls and puberty * Growing responsibility * Coping with change * Preparing for transition |
| Year 6 | * Self-image * Body image * Puberty for girls * Puberty for boys * Conception * Reflections about change * Physical attraction * Respect and consent * Boyfriends/girlfriends * Sexting * Transition |