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| Relationships and Health Education atSt 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
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| 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
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| Year 3 | * How babies grow
* Understanding a baby’s needs
* Family stereotypes
* Challenging my ideas
* Preparing for transition
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| 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
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| 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
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| 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
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