

Year Group	Puzzle: Changing Me					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
EFYS	My Body - I can name parts of the body	Respecting My Body – I can tell you some things I can do and foods I can eat to be healthy	Growing Up – I understand that we all grow from babies to adults	Fun and Fears 1 I can express how I feel about moving to Year 1	Fun and Fears 2 I can talk about my worries and/or the things I am looking forward to about being in Year 1	Celebration I can share my memories of the best bits of this year in Reception
1	Life Cycles – I am starting to understand the life cycles of humans and animals I understand that changes happen as we grow and that this is OK	Changing Me – I can tell you some things about me that have changed and some things about me that have stayed the same I know that changes are OK and that sometimes they will happen whether I want them to or not	My Changing Body I can tell you how my body has changed since I was a baby I understand that growing up is natural and that everybody grows at different rates	Boys' and Girls' bodies I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina I respect my body and understand which parts are private NSPCC PANTS Rule	Learning and Growing I understand that every time I learn something new I change a little bit I enjoy learning new things	Coping with Changes I can tell you about changes that have happened in my life I know some ways to cope with changes
2	Life Cycles in Nature – I can recognise cycles of life in nature I understand that there are some changes that are outside my control and can recognise how I feel about this.	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 I can identify people I respect who are older than me	The Changing Me – I can recognise how my body has changing since I was a baby and where I am on the continuum from young to old I feel proud about becoming more independent	Boys' and Girls' bodies I can recognise the physical differences between boys and girls, using the correct names for parts of the body (Penis, testicles, vagina) and appreciate that some parts of my body are private NSPCC PANTS Rule	Assertiveness I understand there are different types of touch and can tell you which ones I like and don't like I am confident to say what I like and don't like and can ask for help	Looking ahead I can identify what I am looking forward to when I am in year 3 I can start to think about changes I will make when I am in Year 3 and know how to go about this
3	How Babies Grow I understand that in animals and humans lots of changes happen between conception and growing	Babies I understand that babies grow and develop in the mothers uterus	Outside body changes I understand that boy's and girls' bodies need to change so that when they grow up their bodies can make babies	Inside body changes I can identify how boys' and girls' bodies change on the inside during this growing up process and	Family Stereotypes I can start to recognise stereotypical ideas I might have about	Looking Ahead I can identify what I am looking forward to when I am in Year 4

	<p>up, and that usually it is the female who has the baby</p> <p>I can express how I feel when I see babies or baby animals</p>	<p>I understand what a baby needs to live and grow</p> <p>I can express how I might feel if I had a new baby in my family</p>	<p>I can identify how boys' and girls' bodies change on the outside during this growing up process</p> <p>I recognise how I feel about these changes happening to me and know how to cope with these feelings</p>	<p>can tell you why these changes are necessary so that their bodies can make babies when they grow up</p> <p>I recognise how I feel about these changes happening to me and know how to cope with these feelings</p>	<p>parenting and family roles</p> <p>I can express how I feel when my ideas are challenging and might be willing to change my ideas sometimes</p>	<p>I can start to think about changes I will make when I am in Year 4 and know how to go about this</p>
4	<p>Unique Me</p> <p>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</p> <p>I appreciate that I am a truly unique human being</p>	<p>Having a Baby</p> <p>I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby</p> <p>I understand that having a baby is a personal choice and can express how I am feeling about having children when I am an adult</p>	<p>Girls and Puberty</p> <p>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 the menstruation (having periods is a natural part of this)</p> <p>I have strategies to help me cope with the physical and emotional changes I will experience during puberty</p> <p>Boys and Puberty</p> <p>I can describe how a boys body changes in order for her to be able to have babies when he is an adult.</p> <p>I have strategies to help me cope with the physical and emotional changes I will experience during puberty</p> <p><i>This session will be taught part in separate gender groups and then recapped as a whole group.</i></p>	<p>Circles of Change</p> <p>I know how the circle of change works and can apply it to changes I want to make in my life</p> <p>I am confident enough to try to make changes when I think they will benefit me</p>	<p>Accepting Change</p> <p>I can identify changes that have been and may continue to be outside my control that I learnt to accept</p> <p>I can express my fears and concerns about changes that are outside my control and know how to manage these feelings positively</p>	<p>Looking Ahead</p> <p>I can identify what I am looking forward to in Year 5</p> <p>I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this</p>

5	Self and Body Image I am aware of my own-self-image and how my body image fits into that I know how to develop my own self esteem	Puberty for Girls – just to girls I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally I understand that puberty is a natural process that happens Puberty for Boys – just to boys I can describe how a boy's body changes during puberty I can express how I feel about the changes that will happen to me during puberty	Puberty for Girls and Boys I can explain how a girl's and boy's body changes during puberty and understand the importance of looking after yourself physically and emotionally I understand that puberty is a natural process that happens	Conception 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 appreciate how amazing it is that human bodies can reproduce in these ways	Looking Ahead I can identify what I am looking forward to about becoming a teenager and understand that this brings growing responsibilities (age of consent)	Looking Ahead to Year 6 I can identify what I am looking forward to when I am in Year 6 I can start to think about changes I will make when I am in Year 6 and know how to go about this
6	Self and Body Image I am aware of my own self-image and how my body images fits into that I know how to develop my own self-esteem	Puberty I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physical and emotionally I can express how I feel about changes that will happen to me during puberty	Girls Talk/Boy Talk Gender separate Q and A sessions I can ask the questions I need answered about changes during puberty I can reflection on how I feel about asking the questions and about the answers I receive	Babies – Conception to Birth I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born I recognise how I feel when I reflect on the development and birth of a baby	Looking Ahead I can discuss what it means to become a teenager and develop a positive outlook to this stage of my life I can express how I feel about becoming a teenager and am confident that I can cope with this	Transition to Secondary School I can identify what I am looking forward to and what worries me about the transition to secondary school I know how to prepare myself emotionally for starting secondary school.