

At St Bartholomew's school children will experience growing and changes through puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Inside my wonderful body. Keeping privates private.	My body, your body. My special people.	Body space. Secret or Surprise?	My feelings are all over the place. Period positive.	Growing up and changing bodies. Changing bodies and feelings.	Is this normal? Making babies.

SRE	Skills	Knowledge building blocks
Year 1	<p>Name major internal body parts (heart, lungs, blood, stomach, intestines, brain);</p> <p>Understand and explain the simple bodily processes associated with them</p> <p>Identify parts of the body that are private;</p> <p>Describe ways in which private parts can be kept private;</p> <p>Identify people they can talk to about their private parts</p>	<p><b>Inside my wonderful body, children will learn:</b></p> <ul style="list-style-type: none"> <li>• The names for the main parts of the body.</li> <li>• The similarities and differences between boys and girls.</li> <li>• To Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense</li> </ul> <p><b>Key vocabulary</b> Private, change, organ, senses</p> <p><b>Keeping privates, private, children will learn:</b></p> <ul style="list-style-type: none"> <li>• What is meant by 'privacy'; their right to keep things 'private'; the importance of respecting others' privacy.</li> <li>• That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</li> </ul> <p><b>Key vocabulary</b> Privacy, respect, growing</p>

Year 2	<p>Identify which parts of the human body are private;</p> <p>Understand that humans mostly have the same body parts but that they can look different from person to person.</p> <p>Identify people who are special to them;</p> <p>Explain some of the ways those people are special to them.</p>	<p><b>My body, your body, children will learn:</b></p> <ul style="list-style-type: none"> <li>About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</li> <li>Key facts about puberty and the changing adolescent body.</li> <li>Ways in which they are all unique; understand that there has never been, and will never be, another 'them'</li> </ul> <p><b>Key vocabulary</b> Unique, puberty, changes</p> <p><b>My special people, children will learn:</b></p> <ul style="list-style-type: none"> <li>That others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.</li> <li>The characteristics of healthy family life.</li> <li>That families are important for children growing up because they can give love, security and stability.</li> </ul> <p><b>Key vocabulary</b> Differences, family, special, healthy</p>
Year 3	<p>Understand what is meant by the term body space (or personal space)</p> <p>Identify when it is appropriate or inappropriate to allow someone into their body space.</p> <p>Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret.</p> <p>Know who they could ask for help if a secret made them feel uncomfortable or unsafe</p>	<p><b>Body Space, children will learn:</b></p> <ul style="list-style-type: none"> <li>That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</li> <li>To judge what kind of physical contact is acceptable or unacceptable and how to respond.</li> </ul> <p><b>Key vocabulary</b> Private, uncomfortable, trust, unsafe</p> <p><b>Secret or surprise, children will learn:</b></p>

		<ul style="list-style-type: none"> <li>About the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</li> </ul> <p><b><u>Key vocabulary</u></b> Secret, surprise, privacy, angry, upset, jealous, scared, excited, inappropriate</p>
Year 4	<p>Understand how the onset of puberty can have emotional as well as physical impact</p> <p>Suggest reasons why young people sometimes fall out with their parents;</p> <p>Take part in a role play practising how to compromise.</p> <p>Know the key facts of the menstrual cycle;</p> <p>Understand that periods are a normal part of puberty for girls;</p> <p>Identify some of the ways to cope better with periods.</p>	<p><b>My feelings are all over the place, children will learn:</b></p> <ul style="list-style-type: none"> <li>How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</li> <li>Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</li> </ul> <p><b><u>Key vocabulary</u></b> Compromise, hormones, puberty, conflict</p> <p><b>Period positive, children will learn:</b></p> <ul style="list-style-type: none"> <li>About the changes experienced in puberty.</li> <li>Pupils should draw a timeline to indicate stages in the growth and development of humans.</li> <li>How their body will, and emotions may, change as they approach and move through puberty.</li> <li></li> </ul> <p><b><u>Key vocabulary</u></b> Period, menstruation, sanitary, ova, ovary, uterus, vagina</p>
Year 5	<p>Identify some products that they may need during puberty and why;</p> <p>Know what menstruation is and why it happens.</p>	<p><b>Growing up and changing bodies, children will learn:</b></p> <ul style="list-style-type: none"> <li>Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</li> <li>About taking care of their body.</li> <li>About menstrual wellbeing including the key facts about the menstrual cycle.</li> </ul>

	<p>Know the correct words for the external sexual organs;</p> <p>Discuss some of the myths associated with puberty.</p>	<p><b><u>Key vocabulary</u></b> Hygiene, menstrual cycle, pubic hair, emotional, anxious, tampons, sanitary products.</p> <p><b>Changing bodies and feelings</b></p> <ul style="list-style-type: none"> <li>How their body will, and emotions may, change as they approach and move through puberty.</li> </ul> <p><b><u>Key vocabulary</u></b> Body parts, oestrogen, progesterone, testosterone, genitals</p>
Year 6	<p>Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it.</p> <p>Understand what FGM is and that it is an illegal practice in this country.</p> <p>Know where someone could get support if they were concerned about their own or another person's safety.</p> <p>Suggest strategies that would help someone who felt challenged by the changes in puberty.</p> <p>Identify the changes that happen through puberty to allow sexual reproduction to occur;</p> <p>Know a variety of ways in which the sperm can fertilise the egg to create a baby;</p> <p>Know the legal age of consent and what it means.</p>	<p><b>Is this normal, children will learn:</b></p> <ul style="list-style-type: none"> <li>The importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices.</li> <li>How to report concerns or abuse, and the vocabulary and confidence needed to do so.</li> <li>Key facts about puberty and the changing adolescent body, particularly from age, including physical and emotional changes.</li> </ul> <p><b><u>Key vocabulary</u></b> FGM- female genital mutilation, mature, adolescent, respect</p> <p><b>Making babies, children will learn:</b></p> <ul style="list-style-type: none"> <li>About human reproduction.</li> <li>How to ask for advice or help for themselves or others, and to keep trying until they are heard.</li> <li>Describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird.</li> </ul> <p><b><u>Key vocabulary</u></b> Reproduction, sex, fertile, fertilised, sperm, ova(egg), consent, embryo</p>