

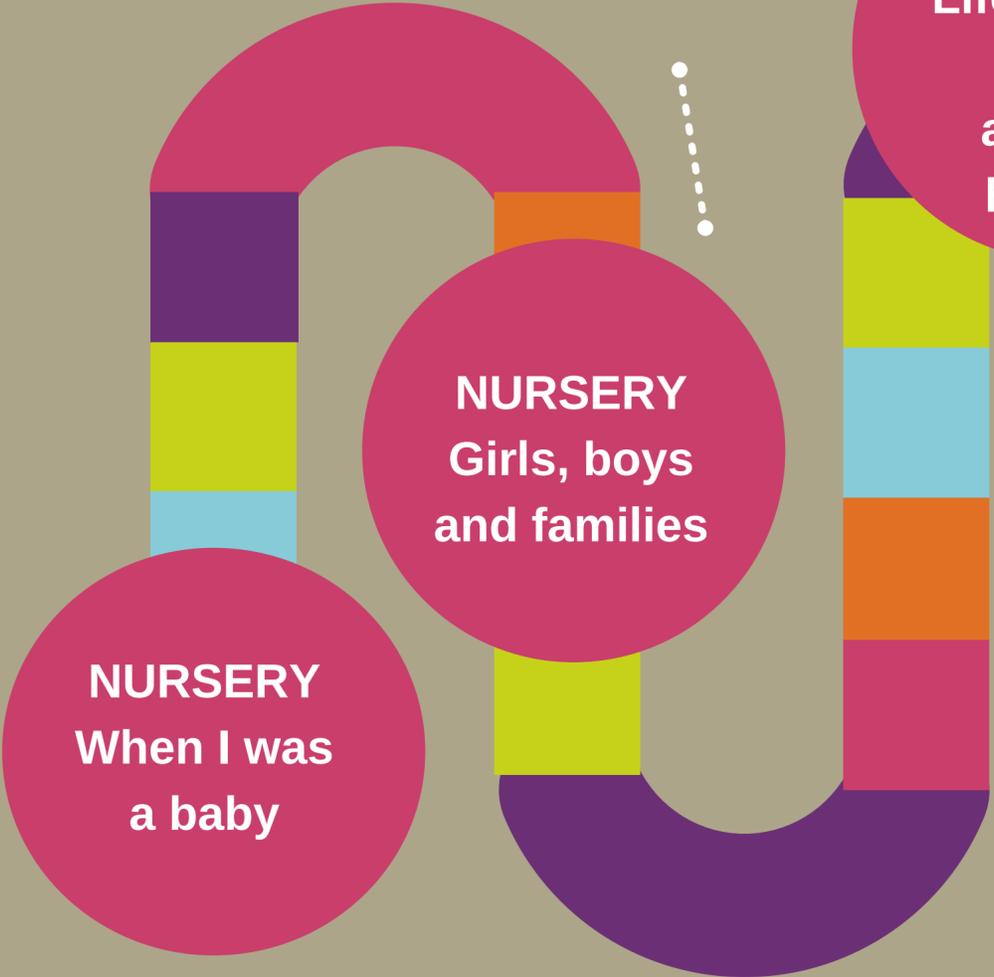
# Learning Journey Growing and Changing Early Years



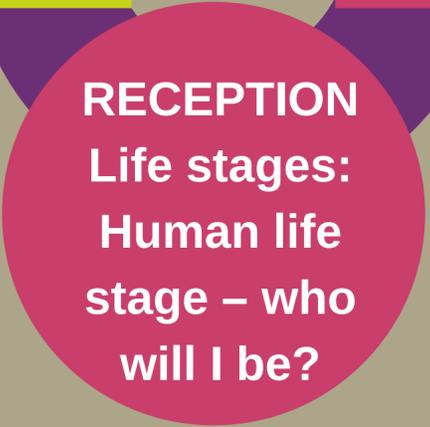
Children understand that animals and humans change in appearance over time. They use relevant vocabulary such as egg, seed, baby, grow, change, old, and young (and the names for young animals). They make observations and ask questions about living things.

Children are introduced to the basics of human reproduction (not sexual intercourse). They understand that a baby is made by a woman and a man, and grows inside a woman's tummy/womb. They recognise that every family is different and talk about the similarities and differences between themselves and others.

Children notice the similarities and differences between males and females. They begin to play inclusively with their friends, regardless of their sex (if not already doing so). They think differently and more openly about what a family may look like.



Children talk about how babies change as they grow, what they need and how this changes as they grow. They share their own experiences and listen to those of the others.



Children use the language and describe the different life stages of: baby, child, teenager, adult, older age, and talk about their own experience of growing up.

Children reflect on how they have changed as they have grown. They can explain the differences between babies, children, and adults, and understand that we are all unique.

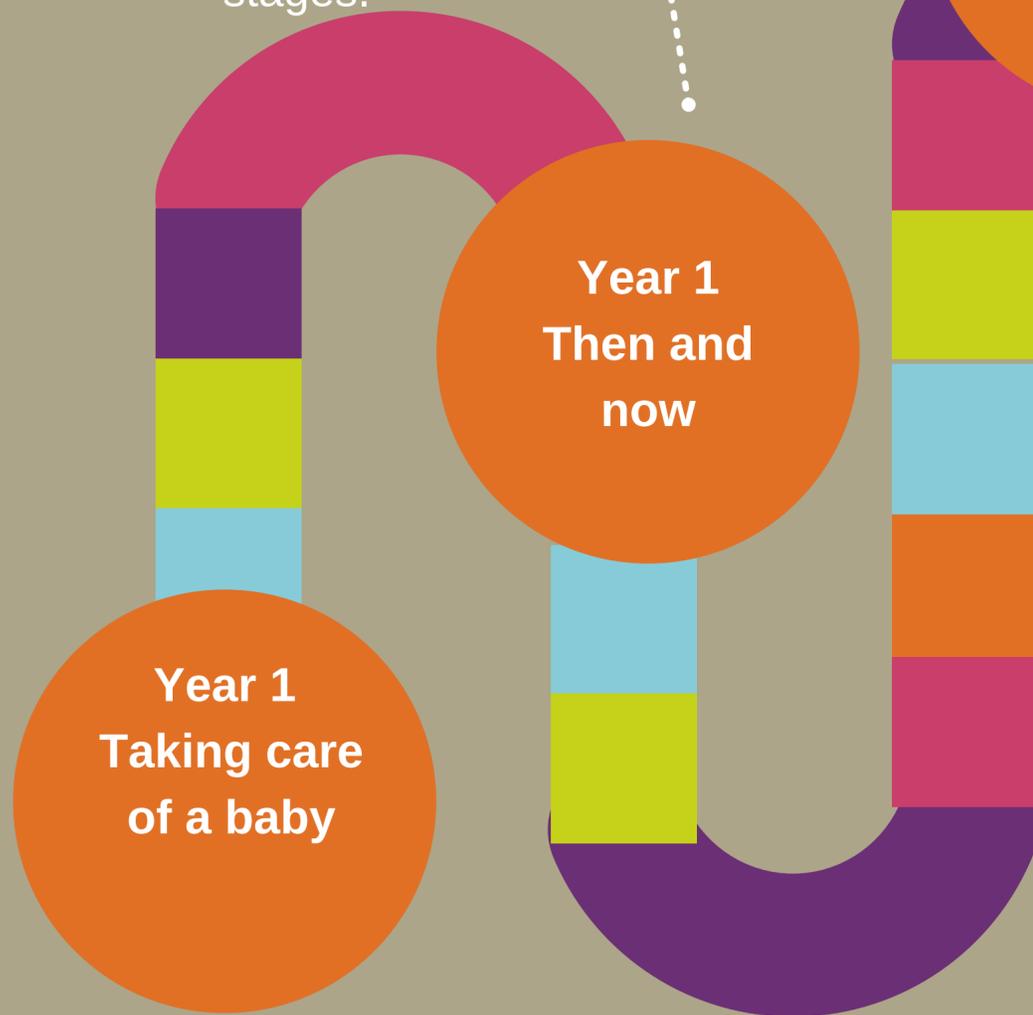
Children learn the names of parts of the body (including reproductive parts) using the correct vocabulary. They can explain which parts of their body are kept private and safe - and why. They know to tell or ask an appropriate adult for help if they feel unsafe.

# Learning Journey Growing and Changing Key Stage 1



Children will be able to identify parts of the body that are private and ways in which they can be kept private. They can identify people that it's ok to talk to about their private parts.

Children will start to identify things they could do as a baby and toddler as well as things they can do now. They can identify the people who help or helped them at these different stages.



Children will understand some of the tasks required to look after a baby, and how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, and feeding.

**Year 1  
Keeping  
privates  
private**

**Year 1  
Then and  
now**

**Year 2  
Haven't you  
grown?**

**Year 2  
My Body, your  
body**

Children can identify different stages of growth (e.g. baby, toddler, child, teenager, adult) and describe some of the things that people are capable of at these different stages.

Children will recall which parts of their body are private. They will understand that genitals help make babies when we are older, and know that we mostly have the same body parts, but how they look is different from person to person.

# Learning Journey Growing and Changing Lower Key Stage 2



Children understand how the onset of puberty can have an emotional as well as physical impact, recognise that this may lead to conflict with parents and learn how to compromise.

Children will explain how human reproduction (not sexual intercourse) occurs, know how and why periods and wet dreams occur, and how to manage both successfully.

**Year 4  
My feelings  
are all over the  
place!**

**Year 4  
Preparing for  
changes at  
puberty**

Children recall that babies come from the joining of an egg and sperm; and are introduced to some puberty changes, including menstruation, using the correct vocabulary.

**Year 3  
My changing  
body**

**Year 4  
All change!**

Children recall parts of the body that males and females have in common and those that are different, using the correct terminology for genitalia, and explain why puberty happens.

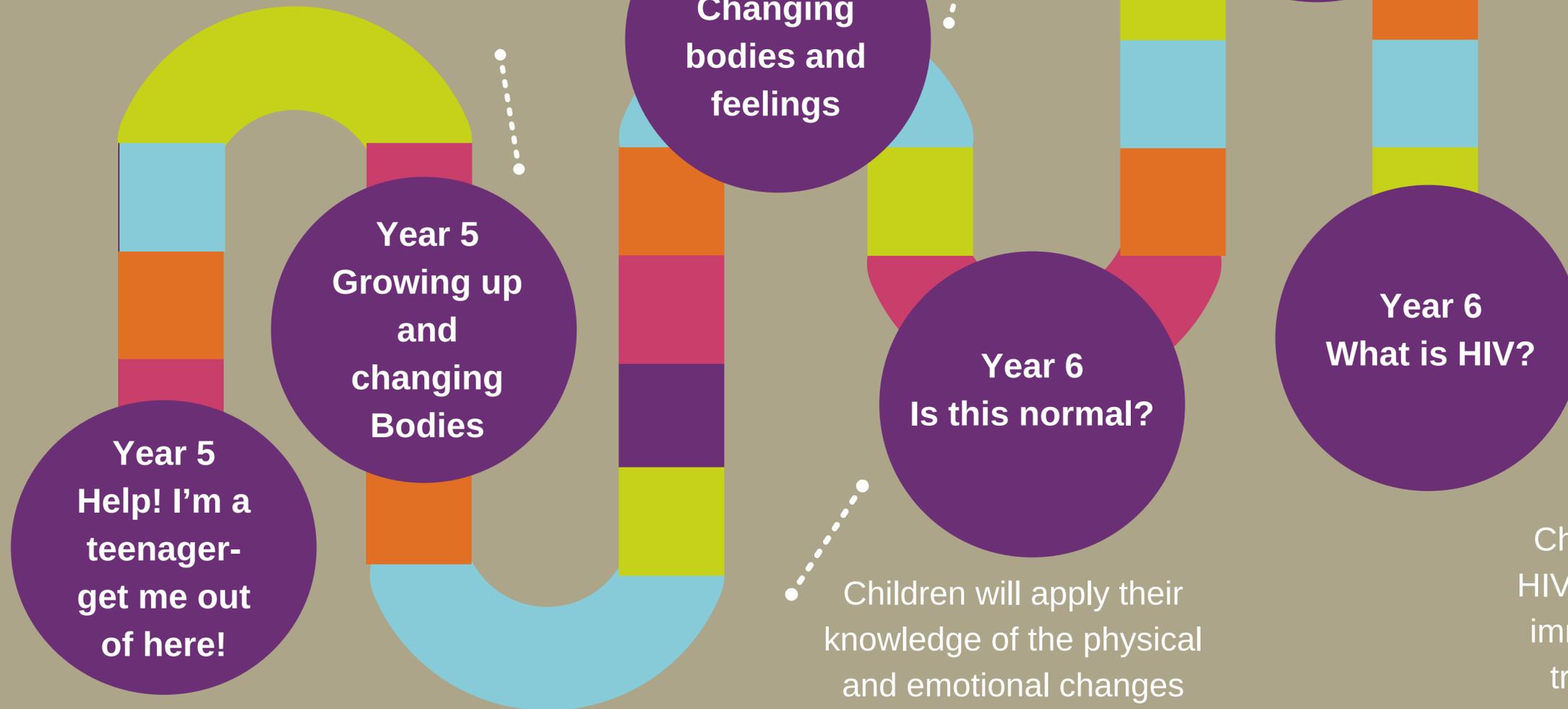
# Learning Journey Growing and Changing Upper Key Stage 2



Children apply their knowledge of the various puberty changes, including menstruation, and identify some products that they may need during puberty, and why.

Children will increase their vocabulary for the external sexual organs, as well as debunk some of the myths associated with various puberty changes.

Children learn the variety of ways in which a couple can create a family (including through sexual intercourse), and how it can be prevented. They learn the legal age of consent and what it means.



**Year 5  
Help! I'm a teenager-  
get me out  
of here!**

Children recall that puberty is an emotional as well as a physical change, how and why mood swings occur and how to manage their strong feelings.

**Year 5  
Growing up  
and  
changing  
Bodies**

**Year 5  
Changing  
bodies and  
feelings**

**Year 6  
Is this normal?**

Children will apply their knowledge of the physical and emotional changes experienced during puberty and list strategies that would help someone who felt challenged by these changes.

**Year 6  
Making babies**

**Year 6  
What is HIV?**

Children may also learn what HIV is, how it affects the body's immune system; and how it is transmitted and prevented.