

Changing Me Summer 2 EYFS to Year 6

| Year group | No Outsiders | Piece 1 | Piece 2 | Piece 3 | Piece 4 | Piece 5 | Piece 6 |
|------------|-----------------------|--|---|--|---|--|--|
| EYFS | To make a new friend. | Lesson 1 – My body Objective To understand that everyone is unique and special Learning Intention I can name parts of the body. | Lesson 2 – Respecting my body Objective To express how they feel when change happens Learning Intention I can tell you some things that I can do and some things that I can eat to be healthy. | Lesson 3 – Growing up Objective To understand and respect the changes that they see in themselves Learning Intention I understand that we all grow from babies into adults. | Lesson 4 – Fun and fears Part 1 Objective To understand and respect the changes that they see in other people Learning Intention I can express how I feel about moving to Year 1. | Lesson 5 - Fun and fears Part 2 Objective To know who to ask for help if they are worried about change Learning Intention I can talk about my worries and/or the things that I am looking forward to about being in Year 1. | Lesson 6 - Celebration Objective To look forward to change Learning Intention I can share my memories and the best bits of this year in Reception. |
| Year 1 | To work together. | Lesson 1 – Life cycles Objective To understand that everyone is unique and special Learning Intention I am starting to understand the lifecycles of animals and humans. Social and Emotional objective I understand that changes happen as we grow and that this is OK. | Lesson 2 – Changing me Objective To express how they feel when change happens Learning Intention I can tell you some things about me that have changed and some things about me that have stayed the same. Social and Emotional objective I know that changes are OK and that sometimes they will happen whether I want them or not. | Lesson 3 – My changing body Objective To understand and respect the changes that they see in themselves Learning Intention I can tell you how my body has changed since I was a baby. Social and Emotional objective I understand that growing up is natural and that everybody grows at different rates. | Lesson 4 – Boys' and girls' bodies Objective To understand and respect the changes that they see in other people Learning Intention I can identify the parts of the body that make boys different to girls using the correct names. Social and Emotional objective I respect my body and understand which parts are private. CONSENT | Lesson 5 – Learning and growing Objective To know who to ask for help if they are worried about change Learning Intention I understand that every time I learn something new I change a little bit. Social and Emotional objective I enjoy learning new things. | Lesson 6 – Coping with changes Objective To look forward to change Learning Intention I can tell you about changes that have happened in my life. Social and Emotional objective I know some ways to cope with changes. |
| Year 2 | To know I belong. | Lesson 1 – Life cycles in nature Objective To understand that everyone is unique and special | Lesson 2 – Growing from young to old Objective To express how they feel when change happens | Lesson 3 – The changing me Objective To understand and respect the | Lesson 4 – Boys' and girls' bodies Objective To understand and respect the | Lesson 5 - Assertiveness Objective To know who to ask for help if they are | Lesson 6 – Looking ahead Objective To look forward to change Learning Intention |

Changing Me Summer 2 EYFS to Year 6

| | | | | | | | |
|--------|--------------------------------------|---|---|--|---|--|---|
| | | <p>Learning Intention I can recognise cycles of life in nature.</p> <p>Social and Emotional objective I understand that there are some changes that are outside of my control and can recognise how I feel about this.</p> | <p>Learning Intention I can tell you about the natural process of growing from young to old and understand that this is not in my control.</p> <p>Social and Emotional objective I can identify people I respect who are older than me.</p> | <p>changes that they see in themselves Learning Intention I can recognize how my body has changed from being a baby and where I am on the continuum of young to old.</p> <p>Social and Emotional objective I feel proud about becoming more independent.</p> | <p>changes that they see in other people Learning Intention I can recognize the physical differences between boys and girls using the correct names for parts of the body and appreciate that some parts are private.</p> <p>Social and Emotional objective I can tell you what I like / don't like about being a boy / girl.</p> <p>CONSENT</p> | <p>worried about change Learning Intention I can understand that there are different types of touch and tell you which ones I like and don't like.</p> <p>Social and Emotional objective I am confident to say what I like and don't like and can ask for help.</p> <p>CONSENT</p> | <p>I can identify what I am looking forward to when I move to my next class.</p> <p>Social and Emotional objective I can start to think about changes I will make when I am in my next class and know how to go about this.</p> |
| Year 3 | To consider living in Britain today. | <p>Lesson 1 – How babies grow Objective To understand that everyone is unique and special Learning Intention I understand that in animals and humans lots of changes happen from birth to fully grown and that usually it is the female that has the baby.</p> <p>Social and Emotional objective I can express how I feel when I see babies or baby animals.</p> | <p>Lesson 2 - Babies Objective To express how they feel when change happens Learning Intention I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow.</p> <p>Social and Emotional objective I can express how I might feel if I had a new baby in my family.</p> | <p>Lesson 3 – Outside body changes Objective To understand and respect the changes that they see in themselves Learning Intention I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. I can identify how boys' and girls' bodies change on the outside during the growing up process.</p> <p>Social and Emotional objective I recognise how I feel about these changes</p> | <p>Lesson 4 – Inside body changes Objective To understand and respect the changes that they see in other people Learning Intention I can identify how boys' and girls' bodies change on the inside during the growing up process and why these changes need to happen so that their bodies can make babies when they grow up.</p> <p>Social and Emotional objective I recognise how I feel about these changes happening to me and</p> | <p>Lesson 5 – Family stereotypes Objective To know who to ask for help if they are worried about change Learning Intention I can start to recognise stereotypical ideas I might have about parenting and family roles.</p> <p>Social and Emotional objective I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes.</p> | <p>Lesson 6 – Looking ahead Objective To look forward to change Learning Intention I can identify what I am looking forward to when I move to my next class.</p> <p>Social and Emotional objective I can start to think about the changes I will make next year and know how to go about this.</p> |

Changing Me Summer 2 EYFS to Year 6

| | | | | | | | |
|--------|---|---|--|---|--|--|---|
| | | | | happening to me and how to cope with these feelings. | how to cope with these feelings. | | |
| Year 4 | To show acceptance. | <p>Lesson 1 – Unique me Objective To understand that everyone is unique and special Learning Intention I can understand that 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. Social and Emotional objective I appreciate that I am a truly unique human being.</p> | <p>Lesson 2 – Having a baby Objective To express how they feel when change happens Learning Intention I can correctly label the internal and external male and female body parts which are necessary to make a baby. Social and Emotional objective I understand that having a baby is a personal choice and can express how I felt about having children when I am older.</p> | <p>Lesson 3 – Girls and puberty Objective To understand and respect the changes that they see in themselves Learning Intention I can describe how a girl's body changes in order for her to have a baby and that menstruation is a natural part of this. Social and Emotional objective I have strategies to help me cope with the physical and emotional changes I will experience during puberty.</p> | <p>Lesson 4 – Circles of change Objective To understand and respect the changes that they see in other people Learning Intention I know how the circle of change works and can apply it to changes I want to make in my life. Social and Emotional objective I am confident enough to try to make changes when I think they will benefit me.</p> | <p>Lesson 5 – accepting change Objective To know who to ask for help if they are worried about change Learning Intention I can identify changes that have been and may continue to be outside of my control as I learn to accept. Social and Emotional objective I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively. CONSENT</p> | <p>Lesson 6 – Looking ahead Objective To look forward to change Learning Intention I can identify what I am looking forward to when I move to my next class. Social and Emotional objective I can reflect on the changes I would like to make next year and can describe how to go about these.</p> |
| Year 5 | To exchange dialogue and express and opinion. | <p>Lesson 1 – Self-image and body image Objective To understand that everyone is unique and special Learning Intention I am aware of my own self image and how my body image fits into that. Social and Emotional objective</p> | <p>Lesson 2 – Puberty for girls and Puberty for boys Objective To express how they feel when change happens Learning Intention I can explain how a girl's body changes during puberty and understand the importance of looking after yourself</p> | <p>Lesson 3 Objective To understand and respect the changes that they see in themselves Learning Intention I understand how to look after personal hygiene during puberty. Social and Emotional objective</p> | <p>Lesson 4 - Conception Objective To understand and respect the changes that they see in other people Learning Intention I can understand that sexual intercourse can lead to conception and that is how babies are usually made.</p> | <p>Lesson 5 – Looking ahead 1 Objective To know who to ask for help if they are worried about change Learning Intention I can identify what I am looking forward to about becoming a teenager and understand that this brings growing</p> | <p>Lesson 6 – Looking ahead 2 Objective To look forward to change Learning Intention I can identify what I am looking forward to when I move to my next class. Social and Emotional objective I can start to think about changes I will</p> |

Changing Me Summer 2 EYFS to Year 6

| | | | | | | | |
|---------------|-------------------------------|--|---|---|---|--|---|
| | | <p>I know how to develop my own self esteem.</p> | <p>physically and emotionally. I can explain how a girl's and a boy's body changes during puberty and understand the importance of looking after yourself physically and emotionally. Social and Emotional objective I understand that puberty is a natural process that happens to everybody and that it will be OK for me. I can express how I feel about the changes that will happen to me during puberty.</p> | <p>I understand the importance of personal hygiene.</p> | <p>I also understand that sometimes people need IVF to help them have a baby. Social and Emotional objective I appreciate how amazing it is that human bodies can reproduce in these ways. CONSENT</p> | <p>responsibilities (age of consent). Social and Emotional Objective I am confident that I can cope with the changes that growing up will bring. CONSENT</p> | <p>make and know how to go about this.</p> |
| <p>Year 6</p> | <p>To consider democracy.</p> | <p>Lesson 1 – My self-image Objective To understand that everyone is unique and special Learning Intention I am aware of my own self-image and how my body image fits into that. Social and Emotional objective I know how to develop my own self esteem.</p> | <p>Lesson 2 - Puberty Objective To express how they feel when change happens Learning Intention I can explain how a girl's and a boy's body changes during puberty and understand the importance of looking after yourself physically and emotionally. Social and Emotional objective</p> | <p>Lesson 3 – Babies: Conception to birth Objective To understand and respect the changes that they see in themselves Learning Intention I can describe how a baby develops from conception through the 9 months of pregnancy and how it is born. Social and Emotional objective</p> | <p>Lesson 4 – Boyfriends and girlfriends Objective To understand and respect the changes that they see in other people Learning Intention I understand how being physically attracted to someone changes the relationship and what that might mean about having a girlfriend / boyfriend.</p> | <p>Lesson 5 – FGM and sensitive issues Objective To know who to ask for help if they are worried about change Learning Intention I know that no-one can make changes to my body without my permission and that FGM is illegal in the UK. Social and Emotional objective</p> | <p>Lesson 6 – Real self and ideal self Objective To look forward to change Learning Intention I am aware of the importance of positive self esteem and what I can do to develop it. Social and Emotional objective I can express how I feel about my self-image and know how</p> |

Changing Me Summer 2 EYFS to Year 6

| | | | | | | | |
|--|--|--|---|---|---|---|------------------------------------|
| | | | I can express how I feel about the changes that will happen during puberty. | I can recognise how I feel when I reflect on the development and birth of a baby. | Social and Emotional objective I understand that respect for one another is essential in a boyfriend / girlfriend relationship and that I should not feel pressured into doing something I don't want to. CONSENT | I can identify who to ask for help and advice about myself or a friend, even if it is something that is hard to talk about. CONSENT | to challenge negative 'body-talk'. |
|--|--|--|---|---|---|---|------------------------------------|