**Changing Me – New 2023 Curriculum**

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| Year  Group | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 |
| R | I can name parts of the body and know that some parts of my body are private | I can tell you some things that i can do and foods I can eat to be healthy | I understand that we all grow from babies to adults | I can express how I feel about change | I can talk my worries/things I am looking forward to in Yr 1 | I can share my memories of my best bits from reception |
| 1 | I am starting to understand the Life Cycles of animals and humans | I can tell you some things about me that have changed and some things about me that have stayed the same | I can tell you how my body as changed since I was a baby | I can identify ways the parts of the body that make boys different to girls and can use correct names for these: penis, testicles, vagina, vulva, anus and know that these parts of my body are private | I understand that every time I learn something new I change a little bit | I can tell you about changes that have happened in my life |
| 2 | I can recognise cycles of life in nature | 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 recognise how my body has changed since I was a baby and where I am on the continuum from young to old | I can recognise the physical difference between boys and girls, use the correct names for parts of the body (anus, testicles, vagina and vulva) and appreciate that some parts of my body are private | I understand there are different types of touch and can tell you which ones I like and which ones I don't like. | I can identify what I am looking forward to when I move class |
| 3 | I understand that in animals and humans lots of changes happen between conception and growing up and that usually it is the female who has the baby | I understand that babies grow and develop in the mother’s uterus  I understand what a baby animal needs to live and grow | I understand that boys’ and girls’ bodies need to change.  I can identify how boys’ and girls’ bodies change on the outside during this growing up process | I can identify how boys’ and girls’ bodies change during the growing up process and can tell you why these changes are necessary. | I can start to recognise ideas I have about parenting and family roles | I can identify what I am looking forward to when I move to my next class |
| 4 | I understand that some of my personal characteristics have come from my birth parents | I can describe how a person’s body changes as they get older and that this is different for boys and girls | That menstruation is a natural part of puberty for females. | I know how the circle of change works and can apply it to changes I want to make in my life | I can identify changes that have been and may continue to be outside of my control that I learn to accept | I can identify what I am looking forward to when I move to a new class |
| 5 | I am aware of my own self-image and how my body image fits into that | Recap of how a how a person’s body changes during puberty and understand the importance of looking after yourself physically and emotionally  [Always Changing and Growing Up- Co Ed Puberty Education](https://www.youtube.com/watch?v=Bw1N06PKhu4) | I can describe how boy’s and girls’ bodies change during puberty – boys focus | I can describe how boy’s and girls’ bodies change during puberty – girls focus | Keeping clean and healthy (physically and mentally) | I can identify what I am looking forward to when I move to my next class |
| 6 | I am aware of my own self-image and how my body image fits into that | I can explain how girls’ and boys’ bodies change during puberty and understand the importance of looking after yourself physically and emotionally | I can understand that sexual intercourse can lead to conception and that is usually how babies are made  I also understand that sometimes people need IVF to help them have a baby | I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born | I am aware of the importance of a positive self-esteem and what I can do to develop it  I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities | I can identify what I am looking forward to and what worries me about the transition to secondary school/or moving to my next class |