

Year Group	<i>Changing Me</i>	<i>Terminology Used</i>			<i>Resources</i>
Reception	Bodies	<i>Eye</i> <i>Ear</i> <i>Knee</i> <i>Finger</i> <i>Foot</i> <i>Mouth</i>	<i>Nose</i> <i>Stomach</i> <i>Eyebrow</i> <i>Arm</i> <i>Tongue</i>	<i>Toe</i> <i>Forehead</i> <i>Chest</i> <i>Hand</i> <i>Leg</i>	Post-its or labels of body parts Book: 'Look Inside Your Body' by Louie Stowell
	Respecting my body	<i>Healthy</i> <i>Fruit</i> <i>Vegetables</i>	<i>Change</i> <i>Happy</i> <i>Decision</i>		Healthy activities/food 2 containers/hoops for sorting Magazines/food leaflets for child-initiated
	Growing up	<i>Growing up</i> <i>Change</i> <i>Baby</i> <i>Toddler</i>	<i>Child</i> <i>Adult</i> <i>Older</i> <i>Excited</i>		Book: 'I Wonder Why Kangaroos Have Pouches' by Jenny Wood Book: 'The Very Hungry Caterpillar' by Eric Carle Picture cards showing different developmental stages of life ranging from baby to elderly (Teachers to find more)
	Growth and change	<i>Emotions</i> <i>Change</i> <i>Growing up</i>	<i>Nervous</i> <i>Excited</i> <i>Worried</i>		Book: 'The Huge Bag of Worries' by Virginia Ironside Box or bag for worries/looking forward to ideas
	Fun and fears	<i>Sad</i> <i>Happy</i> <i>Excited</i> <i>Worried</i>	<i>Year 1</i> <i>Emotions</i> <i>Change</i>		
	Celebrations	<i>Achieved</i> <i>Favourite</i> <i>Memories</i>	<i>Change</i> <i>Achievements</i> <i>Happy</i>		A special box

One

Life cycles – animal and human	<i>Changes Life cycle</i>	<i>Baby Adulthood</i>	Teacher's photos: series of photos from baby to adult YouTube clip of frog's lifecycle (teacher to source) Life cycle cards
Changing me	<i>Change Life cycle Baby</i>	<i>Adult Grown up</i>	Change Life cycle Baby Adult Grown up
Changes since being a baby	<i>Baby Growing up Adult</i>	<i>Mature Change</i>	Baby photo of the teacher Baby photos brought in by the children
Differences between female and male bodies (correct terminology)	<i>Male Female Vagina Penis</i>	<i>Testicles Vulva Anus</i>	Male/female animal PowerPoint Body parts cards PowerPoint of body parts
Linking growing and learning	<i>Learn New</i>	<i>Grow Change</i>	Picture cards Flower templates
Coping with change	<i>Change Feelings Anxious</i>	<i>Worried Excited Coping</i>	Bag of items for Changes Game e.g. baby item, a piece of school uniform, holiday item, name of next teacher etc.

TWO

Life cycles in nature	<i>Change Grow Life cycle Control</i>	<i>Baby Adult Fully grown</i>	PowerPoint slides of seasonal changes PowerPoint of lifecycle images
Growing from young to old	<i>Growing up Old Young Change</i>	<i>Respect Appearance Physical</i>	PowerPoint- young to old
Increasing independence	<i>Baby Toddler Child Teenager Adult</i>	<i>Independent Timeline Freedom Responsibilities</i>	Timeline labels: baby, toddler, child, teenager, adult Box/bag of collected items to represent different stages of growing
Differences in female and male bodies (correct terminology)	<i>Male Female Vagina Penis Testicles</i>	<i>Vulva Anus Public Private</i>	Body parts cards Bag containing a collection of girls'/boys' clothes including underwear and swim suits
Assertiveness	<i>Touch Texture Cuddle Hug Squeeze Like Dislike</i>	<i>Acceptable Unacceptable Comfortable Uncomfortable</i>	Feely bags
Preparing for transition	<i>Change Looking forward Excited</i>	<i>Nervous Anxious Happy</i>	PowerPoint slide of leaf mobile instructions

Three

How babies grow	<i>Changes Birth Animals</i>	<i>Babies Mother Growing up</i>	Baby/mother pairs cards PowerPoint of baby animal pictures
Babies	<i>Baby Grow Uterus Womb Nutrients</i>	<i>Survive Love Affection Care</i>	Baby PowerPoint slide Mini-whiteboards/ pens (or paper and pens) Baby growing PowerPoint
Increasing independence	<i>Change Puberty Control</i>		Outline figure of a body on large flipchart paper Set of Body Change cards PowerPoint slides: Body Changes 'My Life, My Changes' sheet
Inside body changes	<i>Puberty Male Female Testicles Sperm Penis</i>	<i>Ovaries Egg Ovum/ Ova Womb/ Uterus Vagina</i>	PowerPoint slides: Body Changes from Piece (lesson) 3 PowerPoint slides: Changes on the inside Animations (moving diagrams): Male and Female Reproductive System 'The Great Growing Up Adventure' sheet
Family stereotypes	<i>Stereotypes Task Roles Challenge</i>		Task card resource sheet
Looking ahead	<i>Change Looking forward Excited</i>	<i>Nervous Anxious Happy</i>	PowerPoint slide for 'Ribbon mobiles'

Four

Unique me	<i>Personal Unique</i>	<i>Characteristics Parents</i>	'Parents and children' templates
Having a baby	<i>Sperm Egg/ Ovum Penis Testicles Vagina/ Vulva Womb/ Uterus</i>	<i>Ovaries Making love Having sex Sexual Intercourse Fertilise Conception</i>	Flashcard pictures of sperm and egg PowerPoint slides Changes on the inside Animation: The Female Reproductive System Printed copies of PowerPoint slides
Girls and puberty	<i>Puberty Menstruation Periods</i>		A 'bag of tricks' - a mystery bag containing a collection of items relating to puberty and growing up- see lesson plan for suggestions Animation: The Female Reproductive System PowerPoint slide of internal female organs Sets of Menstruation Cards for card-sort and/ or sticking
Circles of change	<i>Circle Seasons Change Control</i>		Season tree pictures Sofia and Levi PowerPoint Circle of Change diagram/template
Accepting change	<i>Range of emotions Control</i>	<i>Change Acceptance</i>	PowerPoint slides of environmental change Change Scenario cards
Looking ahead	<i>Change Looking forward Excited</i>	<i>Nervous Anxious Happy</i>	The same objects used for the 'Bag of Tricks' activity in lesson 3, laid out on a tray or the floor.

Five

Self- and body image	<i>Self</i> <i>Self-image</i> <i>Self-esteem</i> <i>Body image</i> <i>Perception</i>	<i>Characteristics</i> <i>Affirmation</i> <i>Aspect</i>	Airbrushed images PowerPoint: self-image prompts
Puberty for girls	<i>Puberty</i> <i>Menstruation</i> <i>Periods</i> <i>Sanitary towels</i> <i>Sanitary pads</i> <i>Tampons</i>	<i>Ovary/ovaries</i> <i>Vagina</i> <i>Oestrogen</i> <i>Vulva</i> <i>Womb/uterus</i>	PowerPoint of male and female bodies Animation: The female reproductive system Range of sanitary products
Puberty for boys	<i>Puberty</i> <i>Sperm</i> <i>Semen</i> <i>Testicles</i> <i>Testes</i> <i>Erection</i>	<i>Ejaculation</i> <i>Wet dream</i> <i>Larynx</i> <i>Facial hair</i> <i>Growth spurt</i> <i>Hormones</i>	PowerPoint of male organs Animation: male reproductive system
Conception (including IVF)	<i>Relationships</i> <i>Conception</i> <i>Making love</i> <i>Sexual intercourse</i> <i>Fallopian tube</i>	<i>Fertilisation</i> <i>Pregnancy</i> <i>Umbilical cord</i> <i>Contraception</i> <i>Fertility treatment (IVF)</i>	Animations: The Female reproductive system and The male reproductive system PowerPoint slides: A baby in the womb The truth about conception and pregnancy card sort
Looking Ahead 1	<i>Teenager</i> <i>Perceptions</i> <i>Milestone</i>	<i>Puberty</i> <i>Responsibilities</i>	Selection of pages from teen magazines
Looking Ahead 2	<i>Change</i> <i>Hope</i> <i>Manage</i> <i>Cope</i> <i>Opportunities</i>	<i>Emotions</i> <i>Fear</i> <i>Excitement</i> <i>Anxious</i>	

Self-image and	<i>Self-image</i> <i>Self-esteem</i>	<i>Real self</i> <i>Celebrity</i>	'Time and Money' PowerPoint slides Facts About Fashion PowerPoint slide
Puberty and feelings	<i>Opportunities</i> <i>Freedoms</i> <i>Responsibilities</i>	<i>Puberty vocabulary as represented on the flash cards</i>	PowerPoint slides of male and female organs PowerPoint slides: female and male body changes Animation: Female and Male Reproductive Systems Advice on personal hygiene for teens
Babies: Conception to birth	<i>Pregnancy</i> <i>Embryo</i> <i>Foetus</i> <i>Placenta</i> <i>Umbilical cord</i>	<i>Labour</i> <i>Contractions</i> <i>Cervix</i> <i>Midwife</i>	PowerPoint slides of a baby developing in the womb A set of 'Baby Can...' cards Animations: Female and Male Reproductive Systems
Boyfriends/girlfriends	<i>Attraction</i> <i>Relationship</i> <i>Pressure</i>	<i>Love</i> <i>Sexting</i>	Should I/ Shouldn't I? resource
Real self and ideal self	<i>Transition</i> <i>Secondary</i> <i>Looking forward</i> <i>Journey</i>	<i>Worries</i> <i>Anxiety</i> <i>Hopes</i> <i>Excitement</i>	Cosmetic items: a tube of toothpaste, a hair product for men, an item of make-up PowerPoint slides 'Ideal bodies' 'Real' self/'ideal' self templates – 2 copies per child
The Year Ahead	<i>Transition</i> <i>Secondary</i> <i>Looking forward</i> <i>Journey</i>	<i>Worries</i> <i>Anxiety</i> <i>Hopes</i> <i>Excitement</i>	PowerPoint slide – Bungee run

