

## Changing Me – Taught Knowledge

**EYFS**

Know the names and functions of some parts of the body (see vocabulary list)  
Know that we grow from baby to adult  
Know who to talk to if they are feeling worried  
Know that sharing how they feel can help solve a worry  
Know that remembering happy times can help us move on

**KS1**

Y1  
Know the names of male and female external private body parts  
Know that there are correct names for private body parts and nicknames, and when to use them  
Know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these  
Know who to ask for help if they are worried or frightened

Y2

To recognise cycles of life in nature.  
To know about the natural process of growing from young to old.  
To understand that this is not in my control.  
To recognise how my body has changed since I was a baby and where I am on the continuum from young to old.  
To know what a stereotype is.  
To understand there are different types of touch and say which ones I like and don't like.  
To know who to ask for help if I am worried or frightened.

**LKS  
2**

Y3  
To name changes that might happen or have happened in my life or the lives of others.  
To know there are changes that we can't control and some we can.  
To name changes that happen between birth and growing up.  
To know that it is the female who has the baby.  
To know that a baby needs food, water and care to grow into a healthy child.  
To say what some of the physical and emotional needs are of a baby.  
To name body parts including the correct names for external genitalia.  
To identify some changes in our bodies as we get older.  
To know the term stereotype and understand what it means.

Y4

To understand that some of my personal characteristics have come from my birth parents.  
To know that I am a truly unique human being  
To know the names of different body parts including external genitalia.  
To know some of the physical changes that happen to us as we grow. (Pre puberty)  
To know that change is a normal part of life and that some cannot be controlled and have to be accepted.  
To know some of the reasons that change can feel uncomfortable and scary.  
To know how it feels to belong to a group, and know it is important for everyone.  
To identify what I am looking forward to when I move to a new class.

**UKS  
2**

Y5  
To be aware of my own self-image and how my body image fits into that  
To know the term puberty.  
To know how a girl's body changes during puberty.  
To know how a boy's body changes during puberty.  
To know how to look after myself physically and emotionally.  
To know that there are different types of relationships we have with different people.  
To know that when we are older or adults we might have a special relationship and have families of our own.  
To know what is needed in a relationship to care for a baby.  
To understand being a teenager brings changes and growing responsibilities.

Y6

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.  
I understand the importance of looking after myself physically and emotionally.  
I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.  
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