

Term 6		
Changing Me (Opt-in Sex education lessons highlighted in red)		
	Week	Learning Objective
Year 1	1	NSPCC PANTS Lesson
	2	J1- I am starting to understand the life cycles of animals and humans
	3	J2 I can tell you some things about me that have changed and some things about me that have stayed the same
	4	J3 I can tell you how my body has changed since I was a baby
	5	J4 identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina – Opt-in
	6	J5 understand that every time I learn something new I change a little bit
	7	J6 tell you about changes that have happened in my life
Year 2	1	NSPCC PANTS Lesson
	2	J1- I can recognise cycles of life in nature
	3	J2-I can tell you about the natural process of growing from young to old and understand that this is not in my control
	4	J3- recognise how my body has changed since I was a baby and where I am on the continuum from young to old- Opt-in
	5	J4- recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina, vulva, anus) and appreciate that some parts of my body are private.
	6	J5- understand there are different types of touch and tell you which ones I like and don't like
	7	J6-identify what I am looking forward to when I move to my next class
Year 3	1	NSPCC PANTS Lesson
	2	J1 - Understand that in animals and humans lots of changes happen between birth and growing up, and that usually it is the female who has the baby
	3	J2 - Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow –opt in
	4	J3 -understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies identify how boys' and girls' bodies change on the outside during this growing up process- opt-in
	5	J4 -identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up – opt-in
	6	J5 -start to recognise stereotypical ideas I might have about parenting and family roles
	7	J6 -identify what I am looking forward to when I move to my next class
Year 4	1	NSPCC PANTS Lesson
	2	J1- Understand that some of 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
	3	J2- correctly label the internal and external parts of male and female bodies that are necessary for making a baby
	4	J3-describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this
	5	J4- know how the circle of change works and can apply it to changes I want to make in my life
	6	J5- identify changes that have been and may continue to be outside of my control that I learnt to accept
	7	J6-identify what I am looking forward to when I move to a new class
Year 5	1	J1 -be aware of my own self-image and how my body image fits into that

	2	J2 - explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally
	3	J3 - describe how boys' and girls' bodies change during puberty
	4	J4- understand that sexual intercourse can lead to conception and that is how babies are usually made understand that sometimes people need IVF to help them have a baby
	5	J5- identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)
	5	FGM Lesson
	6	J6- identify what I am looking forward to when I move to my next class
<b>Year 6</b>	1	J1-aware of my own self-image and how my body image fits into that
	2	J2-explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally
	3	J3 - describe how a baby develops from conception through the nine months of pregnancy, and how it is born
	4	J4 - understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend
	5	Anxiety curriculum Transition lesson 1 – Page 157
	6	Anxiety curriculum Transition lesson 2 – Page 160
	7	FGM lesson