

Floreat Wandsworth
Changing Me – RSE- Whole School Progression

Year group	Objectives to cover	Vocabulary
Reception	<ol style="list-style-type: none"> 1. I can name parts of the body. 2. I can tell you some things that I can do and foods that I can eat to be healthy. 3. I understand that we all grow from babies into adults. 4. I can express how I feel about moving into Year 1 and talk about my worries and things I looking forward to. 5. I can share my memories and the best bits of being in Reception. 	<ul style="list-style-type: none"> • Bottom <p><i>Only if asked about boy parts and girls part names will the teacher correct with vagina and penis.</i></p>
Year 1	<ol style="list-style-type: none"> 1. I am starting to understand the life cycles of animals and humans. 2. I can tell you some things about me that have changed and some things about me that have stayed the same. 3. I can tell you how my body has changed since I was a baby. 4. I can identify the parts of the body that makes boys different to girls and can use the correct names for these. 	<ul style="list-style-type: none"> • Penis • Testicles • Vagina • Vulva • Anus

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	5. I understand that every time I learn something new I change a little bit.	
Year 2	<ol style="list-style-type: none"> 1. I can recognise cycles of life in nature. 2. I can tell you about the natural process of growing from young to old and understand that this is not in my control. 3. I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old. 4. I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private. 5. I understand there are different types of touch and can tell you which ones I like and don't like. (<i>e.g. cuddle, punch, bottom grab</i>) 	<ul style="list-style-type: none"> • Penis • Testicles • Vagina • Vulva • Anus • Breasts
Year 3	<ol style="list-style-type: none"> 1. I 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. 	<ul style="list-style-type: none"> • Penis • Testicles • Vagina • Vulva • Anus • Breasts • Uterus • Ovaries

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	<p>2. I understand how babies grow and develop in the mother's uterus; I understand what a baby needs to live and grow.</p> <p>3. I can start to recognise stereotypical ideas I might have about parenting and family roles (e.g. Mums do ironing and Dads put the bins out).</p>	
Year 4	<p>1. I 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. <u>(no reference to intercourse)</u></p> <p>2. (2A) I understand what responsibilities there are in parenthood and the joy it can bring.</p> <p>3. I can 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.</p> <p>4. I know how the circle of change works and can apply it to changes I want to make in my life.</p> <p>5. I can identify changes that have been and may continue to be</p>	<ul style="list-style-type: none"> • Penis • Testicles • Vagina • Vulva • Anus • Breasts • Uterus • Ovaries • Eggs • Sperm • Puberty • Pubic hair • Menstruation • Period • Pregnancy

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	outside of my control that I learn to accept.	
Year 5	<ol style="list-style-type: none"> 1. I am aware of my own self-image and how my body image fits into that. 2. I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally. 3. I can describe how boys' and girls' bodies change during puberty. 4. I understand that sexual intercourse can lead to conception and that is how babies can be made; I also understand that sometimes people need IVF to help them have a baby. (Non-statutory). 5. I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent) 	<ul style="list-style-type: none"> • Penis • Testicles/Testes • Vagina • Vulva • Anus • Breasts • Uterus/womb • Ovary/ ovaries • Eggs • Sperm • Puberty • Pubic hair • Menstruation • Periods • Sanitary towels • Sanitary pads • Tampons • Oestrogen • Semen • Erection • Ejaculation • Wet dream • Larynx • Epididymis • Scrotum • Facial hair • Growth spurt • Hormones • Cervix • Fallopian tubes • Embryo • Umbilical Cord • Conception • Sexual Intercourse
Year 6	<ol style="list-style-type: none"> 1. I am aware of my own self-image and how my body image fits into that. 2. I can explain how girls' and boys' bodies change during puberty and understand the 	<ul style="list-style-type: none"> • Penis • Testicles/Testes • Vagina • Vulva • Anus • Breasts • Uterus/womb • Ovary/ ovaries

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	<p>importance of looking after yourself physically and emotionally.</p> <p>3. I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born. (Non-statutory).</p> <p>4. I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.</p> <p>5. I am aware of the importance of a positive self-esteem and what I can do to develop it.</p>	<ul style="list-style-type: none"> • Eggs • Sperm • Puberty • Pubic hair • Menstruation • Periods • Sanitary towels • Sanitary pads • Tampons • Oestrogen • Semen • Erection • Ejaculation • Wet dream • Larynx • Epididymis • Scrotum • Facial hair • Growth spurt • Hormones • Cervix • Fallopian tubes • Embryo • Umbilical Cord • Labour • Conception • Sexual Intercourse
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Vocabulary definitions to be shared with parents:

From the Oxford Learners Dictionary (yellow from other sources)

- **Penis**- the organ on the male body that is used for urinating and reproduction.
- **Testicles/Testes**- the two organs that produce sperm, located in a bag of skin below the penis.
- **Vagina**- the passage in the female body between the outer reproductive organs and the womb.
- **Vulva**- the outer opening of the female reproductive organs
- **Anus**- The opening in a person's or animal's bottom through which solid waste leaves the body.

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- **Breasts** – the two round soft parts at the front of a female’s body that produce milk when they have a baby.
- **Uterus/womb**- the organ in a female mammal in which babies or young animals develop before they are born.
- **Ovary/ ovaries**- either of the two organs in a female’s body that produce eggs; a similar organ in female animals, birds and fish.
- **Eggs**- a cell that combines with a sperm to create a baby or young animal
- **Sperm** - a cell that is produced by the reproductive organs of a male and that can combine with a female egg to produce young
- **Puberty** – the period of a person’s life during which their reproductive organs develop and they become capable of having children
- **Pubic hair**- the hair that grows on a person’s body near their reproductive organs
- **Menstruation** - when a female menstruates, there is a flow of blood from their womb, usually once a month
- **Period**- the flow of blood each month from the body of a female who is not pregnant
- **Sanitary towel**- a thick piece of soft material that a female wears between their legs to hold blood during their period
- **Tampon**- a piece of cotton material with a special shape that a female puts inside their vagina to hold blood during her period
- **Oestrogen**- a hormone produced in a female’s ovaries that causes them to develop the physical and reproductive features that are typical of females and that causes them to prepare their body to have babies
- **Semen**- the white liquid containing sperm that is produced by the reproductive organs of men and male animals.
- **Erection** - when a male has an erection, their penis is hard and stands up because they are prepared to reproduce
- **Ejaculation**- the act of ejaculating; the moment when sperm comes out of a male’s penis
- **Wet dream**- a normal change that happens during puberty, in which sperm leaves a male’s body while asleep.
- **Larynx** - the area at the top of the throat that contains the vocal cords
- **Epididymis**- The epididymis is a long, coiled tube that stores sperm and transports it from the testes.
- **Scrotum** - the bag of skin that contains the testicles in males and most male animals
- **Facial hair**- the hair that grows on a person’s face.
- **Growth spurt**- the period of intense growing in people, animals or plants
- **Hormones**- chemical substances produced in the body or in a plant that encourages growth or influences how the cells and tissues function.