

**Overview of 'Changing Me' RSE (Summer 2) objectives – F2**

| <b>Lesson</b> | <b>Objective</b>                                                           | <b>Discussion Questions</b>                                                                                                                                             | <b>Early Learning Goals</b>                                                                                                | <b>Can / Cannot be withdrawn</b> |
|---------------|----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|----------------------------------|
| <b>1</b>      | I can name parts of the body.                                              | Can you name different parts of the body? What does each part do? Why is it so important?                                                                               | See themselves as a valuable individual.<br><br>Learn new vocabulary.                                                      | Cannot be withdrawn              |
| <b>2</b>      | I can tell you some things I can do and some food I can eat to be healthy. | What will happen if we eat less healthy food all the time? How would it make us feel? What would happen to our bodies? What do we need to do to keep happy and healthy? | Manage their own needs.<br><br>Use talking to help work out problems and organise thinking.                                | Cannot be withdrawn              |
| <b>3</b>      | I understand that we all grow from babies to adults.                       | What happens at each stage? Can you put the stages in order using 'first' and 'next'?                                                                                   | Comment on images of familiar situations in the past.<br><br>Express their feelings and consider the feelings of others.   | Cannot be withdrawn              |
| <b>4</b>      | I can express how I feel about moving into Year 1.                         | What are you excited about? Are you nervous about anything? Are you scared about anything?                                                                              | Identify and moderate their own feelings socially and emotionally.<br><br>Build constructive and respectful relationships. | Cannot be withdrawn              |
| <b>5</b>      | I can talk about how I feel about moving into Year 1.                      | What can you tell Jigsaw Jenie about moving to Year 1? What are the exciting things?                                                                                    | Name and describe people who are familiar to them.<br><br>Express their feelings and the feelings of others.               | Cannot be withdrawn              |
| <b>6</b>      | I can share my memories of the best bits of this year in reception.        | What has been your favourite thing this year? What have we achieved this year? What have we learnt to do?                                                               | Comment on images of familiar situations in the past.<br><br>Think about the perspectives of others.                       | Cannot be withdrawn              |

**Overview of 'Changing Me' RSE (Summer 2) objectives – Y1**

| <b>Lesson</b> | <b>Objective</b>                                                                                                                                                                                              | <b>Vocabulary</b>                                 | <b>PSHE / Science / RSE</b> | <b>Can / Cannot be withdrawn</b> |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|-----------------------------|----------------------------------|
| <b>1</b>      | I am starting to understand the life cycles of animals and humans.<br><br>I understand that changes happen as we grow and that this is OK.                                                                    | Changes Life cycle Baby<br>Adulthood              | KS1 Science Curriculum      | Cannot be withdrawn              |
| <b>2</b>      | I can tell you some things about me that have changed and some things about me that have stayed the same.<br><br>I know that changes are OK and that sometimes they will happen whether I want them to or not | Change Life cycle Baby Adult<br>Grown up          | PSHE                        | Cannot be withdrawn              |
| <b>3</b>      | I can tell you how my body has changed since I was a baby.<br><br>I understand that growing up is a natural and that everybody grows at different rates.                                                      | Baby Growing up Adult<br>Mature Change            | KS1 Science Curriculum      | Cannot be withdrawn              |
| <b>4</b>      | I can identify the parts of the body that make boys different to girls and can use the correct names for these.<br><br>I respect my body and understand which parts are private.                              | Male Female Vagina Penis                          | KS1 Science Curriculum      | Cannot be withdrawn              |
| <b>5</b>      | I understand that every time I learn something new I change a little bit.<br><br>I enjoy learning new things.                                                                                                 | Learn New Grow Change                             | PSHE                        | Cannot be withdrawn              |
| <b>6</b>      | I can tell you about changes that have happened in my life.<br><br>I know some ways to cope with these changes.                                                                                               | Change Feelings Anxious<br>Worried Excited Coping | PS HE                       | Cannot be withdrawn              |

**Overview of 'Changing Me' RSE (Summer 2) objectives – Y2**

| <b>Lesson</b> | <b>Objective</b>                                                                                                                                                                                                                         | <b>Vocabulary</b>                                                                                        | <b>PSHE / Science / RSE</b>                                     | <b>Can / Cannot be withdrawn</b> |
|---------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------|
| <b>1</b>      | I can recognise cycles of life in nature<br><br>I understand there are some changes that are outside my control and can recognise how I feel about this.                                                                                 | Change Grow Life cycle<br>Control Baby Adult Fully grown                                                 | KS1 Science Curriculum                                          | Cannot be withdrawn              |
| <b>2</b>      | I can tell you about the natural process of growing from young to old and understand that this is not in my control.<br><br>I can identify people I respect.                                                                             | Growing up Old Young<br>Change Respect Appearance<br>Physical                                            | KS1 Science Curriculum                                          | Cannot be withdrawn              |
| <b>3</b>      | I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.<br><br>I feel proud about becoming more independent.                                                                       | Baby Toddler Child Teenager<br>Adult Independent Timeline<br>Freedom Responsibilities                    | KS1 Science Curriculum                                          | Cannot be withdrawn              |
| <b>4</b>      | I can recognise the physical differences between boys and girls, use the correct names for parts of the body and appreciate that some parts of my body are private.<br><br>I can tell you what I like/don't like about being a boy/girl. | Male Female Vagina Penis<br>Testicles Public Private                                                     | KS1 Science Curriculum<br><br>Statutory Relationships Education | Cannot be withdrawn              |
| <b>5</b>      | I understand there are different types of touch and can tell you which ones I like and don't like I am confident to say what I like and don't like                                                                                       | Touch Texture Cuddle Hug<br>Squeeze Like Dislike<br>Acceptable Unacceptable<br>Comfortable Uncomfortable | Statutory Relationships Education                               | Cannot be withdrawn              |
| <b>6</b>      | I can identify what I am looking forward to when I move to my next class.<br><br>I can start to think about changes I will make when I am in Year 3 and know how to go about this.                                                       | Change Looking forward<br>Excited Nervous Anxious<br>Happy                                               | PSHE                                                            | Cannot be withdrawn              |

**Overview of 'Changing Me' RSE (Summer 2) objectives – Y3**

| <b>Lesson</b> | <b>Objective</b>                                                                                                                                                                                                                                                                                                                           | <b>Vocabulary</b>                                                          | <b>PSHE / Science / RSE</b>               | <b>Can / Cannot be withdrawn</b> |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-------------------------------------------|----------------------------------|
| <b>1</b>      | <p>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.</p> <p>I can express how I feel when I see babies or baby animals.</p>                                                                                                            | <p>Changes Birth Animals<br/>Babies Mother Growing up</p>                  | <p>KS2 Science Curriculum</p>             | <p>Cannot be withdrawn</p>       |
| <b>2</b>      | <p>I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow</p> <p>I can express how I might feel if I had a new baby in my family.</p>                                                                                                                                             | <p>Baby Grow Uterus Womb<br/>Nutrients Survive Love<br/>Affection Care</p> | <p>Key Stage 2<br/>Science Curriculum</p> | <p>Cannot be withdrawn</p>       |
| <b>3</b>      | <p>I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</p> <p>I can identify how boys' and girls' bodies change on the outside during this growing up process.</p> <p>I recognise how I feel about these changes happening to me and know how to cope with those feelings.</p> | <p>Change Puberty Control</p>                                              | <p>Key Stage 2<br/>Science Curriculum</p> | <p>Cannot be withdrawn</p>       |
| <b>4</b>      | <p>I can start to recognise stereotypical ideas I might have about parenting and family roles.</p> <p>I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes.</p>                                                                                                                         | <p>Stereotypes Task Roles<br/>Challenge</p>                                | <p>PSHE</p>                               | <p>Cannot be withdrawn</p>       |
| <b>5</b>      | <p>I can identify what I am looking forward to when I move to my next class.</p> <p>I can start to think about changes I will make next year and know how to go about this.</p>                                                                                                                                                            | <p>Change Looking forward<br/>Excited Nervous Anxious<br/>Happy</p>        | <p>PSHE</p>                               | <p>Cannot be withdrawn</p>       |

**Overview of 'Changing Me' RSE (Summer 2) objectives – Y4**

| <b>Lesson</b> | <b>Objective</b>                                                                                                                                                                                                                                                                                      | <b>Vocabulary</b>                                                                 | <b>PSHE / Science / RSE</b>    | <b>Can / Cannot be withdrawn</b> |
|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------|----------------------------------|
| <b>1</b>      | <p>I understand that some of my personal characteristics have come from my birth parents.</p> <p>I appreciate that I am a truly unique human being.</p>                                                                                                                                               | Personal Unique Characteristics Parents                                           | KS2 Science Curriculum         | Cannot be withdrawn              |
| <b>2</b>      | <p>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>I have strategies to help me cope with the physical and emotional changes I will experience during puberty.</p> | Puberty Menstruation Periods                                                      | Key Stage 2 Science Curriculum | Cannot be withdrawn              |
| <b>3</b>      | <p>I know how the circle of change works and can apply it to changes I want to make in my life.</p> <p>I am confident enough to try to make changes when I think they will benefit me.</p>                                                                                                            | Circle Seasons Change Control                                                     | PSHE                           | Cannot be withdrawn              |
| <b>4</b>      | <p>I can identify changes that have been and may continue to be outside of my control that I learnt to accept.</p> <p>I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively.</p>                                          | Range of emotions, Control Change Acceptance                                      | PSHE                           | Cannot be withdrawn              |
| <b>5</b>      | <p>I can identify what I am looking forward to when I move to a new class.</p> <p>I can reflect on the changes I would like to make next year and can describe how to go about this.</p>                                                                                                              | Change Looking forward Excited Nervous Anxious Happy Emotion words from lesson 5. | PSHE                           | Cannot be withdrawn              |

**Overview of 'Changing Me' RSE (Summer 2) objectives – Y5**

| <b>Lesson</b> | <b>Objective</b>                                                                                                                                                                                                                                         | <b>Vocabulary</b>                                                                                                                   | <b>PSHE / Science / RSE</b>          | <b>Can / Cannot be withdrawn</b> |
|---------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|----------------------------------|
| <b>1</b>      | I am aware of my own self-image and how my body image fits into that.<br><br>I know how to develop my own self esteem                                                                                                                                    | Self Self-image Body image<br>Self-esteem Perception<br>Characteristics Aspects<br>Affirmation                                      | PSHE                                 | Cannot be withdrawn              |
| <b>2</b>      | I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally<br><br>I understand that puberty is a natural process that happens to everybody and that it will be ok for me. | Puberty Menstruation<br>Periods Sanitary towels<br>Sanitary pads Tampons<br>Ovary/ Ovaries Vagina<br>Oestrogen Vulva<br>Womb/Uterus | Key Stage 2<br>Science<br>Curriculum | Cannot be withdrawn              |
| <b>3</b>      | I can describe how boys' and girls' bodies change during puberty.<br><br>I can express how I feel about the changes that will happen to me during puberty                                                                                                | Puberty Sperm Semen<br>Testicles/Testes Wet dream<br>Larynx Facial hair Growth<br>spurt Hormones                                    | Key Stage 2<br>Science<br>Curriculum | Cannot be withdrawn              |
| <b>4</b>      | I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)<br><br>I am confident that I can cope with the changes that growing up will bring                             | Teenager Milestone<br>Perceptions Puberty<br>Responsibilities                                                                       | PSHE                                 | Cannot be withdrawn              |
| <b>5</b>      | I can identify what I am looking forward to when I move to my next class.<br><br>I can start to think about changes I will make next year and know how to go about this.                                                                                 | Change Hope Manage Cope<br>Opportunities Emotions Fear<br>Excitement Anxious                                                        | PSHE                                 | Cannot be withdrawn              |

**Overview of 'Changing Me' RSE (Summer 2) objectives – Y6**

| <b>Lesson</b> | <b>Objective</b>                                                                                                                                                                                                                                                      | <b>Vocabulary</b>                                                                                                                                                                                                                                                            | <b>PSHE / Science / RSE</b>                         | <b>Can / Cannot be withdrawn</b>                                                     |
|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|--------------------------------------------------------------------------------------|
| <b>1</b>      | I am aware of my own self-image and how my body image fits into that<br><br>I know how to develop my own self esteem                                                                                                                                                  | Self-image Self-esteem Real self, Celebrity                                                                                                                                                                                                                                  | PS HE                                               | Cannot be withdrawn                                                                  |
| <b>2</b>      | I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.<br><br>I can express how I feel about the changes that will happen to me during puberty.                          | Opportunities Freedoms Responsibilities Puberty (hips, semen, pubic hair, menstruation, tampon, wet dream, erection, breasts, hormones, ovulation, masturbation, sanitary towel, clitoris, testicles, sperm, hair, penis, feeling moody, vagina, womb, fallopian tube, vulva | Key Stage 2 Science Curriculum<br><br>Sex Education | Cannot be withdrawn<br><br>Could be withdrawn with written request from some aspects |
| <b>3</b>      | I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born<br><br>I can recognise how I feel when I reflect on the development and birth of a baby                                                                   | Pregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife                                                                                                                                                                                           | Sex Education                                       | Could be withdrawn with written request                                              |
| <b>4</b>      | I understand that sexual intercourse can lead to conception and that is how babies are usually made.<br><br>I understand that sometimes people need IVF to help them have a baby.<br><br>I appreciate how amazing it is that human bodies can reproduce in these ways | Relationships Conception Making love Sexual intercourse Fallopian tube Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility treatment (IVF)                                                                                                                 | Sex Education                                       | Could be withdrawn with written request                                              |
| <b>5</b>      | I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend                                                                                                            | Attraction Relationship Pressure Love Sexting                                                                                                                                                                                                                                | Statutory Relationships Education                   | Cannot be withdrawn                                                                  |

|          |                                                                                                                                                                                                                         |                                                                                                           |       |                     |
|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------|---------------------|
|          | I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to.                                               |                                                                                                           |       |                     |
| <b>6</b> | <p>I am aware of the importance of a positive self-esteem and what I can do to develop it</p> <p>I can express how I feel about my self-image and know how to challenge negative 'body-talk'</p>                        | <p>Self-esteem Negative body-talk Choice</p> <p>Feelings/emotions Challenge</p> <p>Mental health</p>      | PSHE  | Cannot be withdrawn |
| <b>7</b> | <p>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.</p> <p>I know how to prepare myself emotionally for the changes next year.</p> | <p>Transition Secondary</p> <p>Looking forward Journey</p> <p>Worries Anxiety Hopes</p> <p>Excitement</p> | PS HE | Cannot be withdrawn |