

	Life Cycles	Changes in my body	Changes in boys' and girls' bodies	Reproduction	Relationship/ Self-worth	Safeguarding
6	Describe how a baby develops from conception through the nine months of pregnancy, and how it is born Recognise how I feel when I reflect on the development and birth of a baby		Explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally express how I feel about the changes that will happen to me during puberty Ask the questions I need answered about changes during puberty Reflect on how I feel about asking the questions and about the answers I receive		Aware of my own self-image and how my body image fits into that Know how to develop my own self-esteem Understand how being physically attracted to someone changes the nature of the relationship express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this	Neglect Physical abuse Emotional abuse Sexual abuse Child sexual exploitation Gender-based violence Female genitalia mutilation Personal Safety
5			Explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally Understand that puberty is a natural process that happens to everybody and that it will be OK for me Describe how boys' and girls' bodies change during puberty express how I feel about the changes that will happen to me during puberty	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 Appreciate how amazing it is that human bodies can reproduce in these ways	Be aware of my own self-image and how my body image fits into that Know how to develop my own self esteem	Physical abuse Emotional abuse Sexual abuse Neglect Racist, disability, homophobic or transphobic abuse Gender-based violence Female genitalia mutilation Personal safety
4		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 I appreciate that I am a truly unique human being	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 know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty	Correctly label the internal and external parts of male and female bodies that are necessary for making a baby understand that having a baby is a personal choice and express how I feel about having children when I am an adult		Gender-based violence Neglect Physical abuse Emotional abuse Sexual abuse Female genitalia mutilation Bullying
3	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 express how I feel when I see babies or baby animals	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 recognise how I feel about these changes happening to me and know how to cope with those feelings	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 Recognise how I feel about these changes happening to me and how to cope with these feelings	Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow express how I might feel if I had a new baby in my family	Start to recognise stereotypical ideas I might have about parenting and family roles express how I feel when my ideas are challenged and be willing to change my ideas sometimes	Gender-based violence Physical abuse Emotional abuse Sexual abuse Female genitalia mutilation Bullying Neglect Poor parenting
2	Recognise cycles of life in nature understand there are some changes that are outside my control and to recognise how I feel about this Tell you about the natural process of growing from young to old and understand that this is not in my control	Identify people I respect who are older than me Recognise how my body has changed since I was a baby and where I am on the continuum from young to old Feel proud about becoming more independent	Recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private tell you what I like/don't like about being a boy/girl		Understand there are different types of touch and tell you which ones I like and don't like be confident to say what I like and don't like and ask for help	Poor parenting Neglect Emotional abuse Physical abuse Sexual abuse Gender-based violence Female genitalia mutilation Personal Safety
1	Start to understand the life cycles of animals and humans Understand that changes happen as we grow and that this is OK	Know how my body has changed since I was a baby Understand that growing up is natural and that everybody grows at different rates	Identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina Respect my body and understand which parts are private			Physical abuse Sexual abuse FGM Neglect Poor parenting
R						
	Life Cycles	Changes in my body	Changes in boys' and girls' bodies	Reproduction	Relationship/ Self-worth	Safeguarding