

Progression in PSHE: Growing and Changing

EYFS:

Children will begin in Nursery by exploring the changes around them: the seasons. They will then think about how babies and animals grow. In Reception, they will explore life cycles of animals. Children will learn how a baby grows into an adult and what they need. Children will explore how boys and girls are different or the same. Children will begin to learn about the body parts and name them. They will be able to recognise how to keep themselves safe: **NSPCC PANTS Rule**.

LKS2

Children will build on their knowledge from previous years through learning about puberty. Children will learn about emotions and how these can be affected by change both positively and negatively. They will learn about feelings affected by puberty and growing up. Girls in Year 3 and 4 will learn about **periods** (menstruation cycle). Children will learn more about people who are there to help them (**trusted adults**) both in school and outside of school. Children will explore different types of relationships, their purposes and qualities. They will be able to identify what makes both a positive and negative relationship. They will learn about **personal space** (body space) and how it makes them feel when somebody is too close to them. Children will think about and discuss why a person would want to be married, or live together or have a civil ceremony. They will understand that marriage should be entered freely.



SCARF



For Growing and Changing, we use Healthy Schools I Matter resources.



KS1

Children will learn about what a baby needs to stay healthy and happy. They will reflect on how they have grown up since being a baby: what they can do not, that they couldn't do before. They will learn about the stages of growth as well as their future. Children will be able to identify body parts, including those that are private. They will explore further about privacy and keeping their private parts private through recapping **NSPCC PANTS Rule**. Children will learn more about people who are there to help them (**trusted adults**) both in school and outside of school. Children will continue to learn about friendships: how to support friends, their own feelings and friends' feelings and how to manage feelings.

UKS2

Children will learn more about managing emotions, how emotions change as well as developing **resilience**. They will think about how emotions can be affected by change both positively and negatively, including dealing with **conflict**. Children will learn about what strategies they can use to cope with loss and change and support them in managing feelings. Children will learn more about people who are there to help them (**trusted adults**) both in school and outside of school. All children will learn about **periods** (menstruation cycle) and be able to use the correct vocabulary to describe it. They will learn about the products that people might need during puberty to keep clean and hygienic. There will be a link to Social Media and fame and how this can affect body image including the reference to what is posted on Social Media not always being a true reflection. Children will be reminded about the importance of internet safety and the sharing of images. **In Year 6, children will learn about conception (Making Babies).**