



Growing and changing year group overview

Year 1 overview

In Year 1 Growing and Changing lessons cover 6 core themes.

- **I am happy**

What makes us happy? E.g. birthdays, family, friends, games.

- **People in my family**

Families are made up of boys and girls. Animal families are made up of boys and girls. Who are the boys in my family? Who are the girls?

- **Animal names we know**

Animal names we know. Match baby animals to parents.

- **When I grow up**

Will you change as you get older? Children draw 3 pictures of themselves: now, at 10 years old and at 15 years old.

- **Teeth**

Teeth also change as you grow, how to look after your teeth.

- **Staying safe**

Listen to a story about two children, what should they do if they feel worried?

Year 2 overview

In Year 2 Growing and Changing lessons cover 6 core themes.

- **What makes us happy?**

I like you because ...

- **My four friends**

How are we the same? (two eyes, two ears). How are we different? (blue eyes/ brown eyes).

- **Plants**

Parts of a flower. What do seeds grow into?

- **Animal life cycle**

e.g. frogs come from tadpoles and the tadpoles come from spawn and these are the three stages of a frog's life cycle.

Clean hands

Why we wash our hands.

- **People I trust**

What is trust? List five people you trust? (dad ,mum, friend etc)

Year 3 overview

In Year 3 Growing and Changing lessons cover 6 core themes.

- **What is good about me?**

Things you are good at e.g. sports, drawing .

- **Friend wanted**

What makes a good friend? Children make a friend wanted poster.

- **When I grow up**

What can you do now that you could not do in year 1? What will you be able to do in the future?

- **Different clothes**

Look at different clothes- who would wear this? When? How old would they be?

Keeping clean

Ways to keep clean, washing hands, shower etc. Special times we may clean
E.g. religious.

- **Who can I talk to?**

Who can help me with my work? Who can help me if I am worried?

Year 4 overview

In Year 4 Growing and Changing lessons cover 5 core themes.

- **What am I good at?**

Discuss what they enjoy doing. What makes you special?

- **What is a friend?**

What qualities do good friends have? Make a friendship jigsaw.

- **Growing up**

Road life activity- children look at images of people and put them in age order. How are they different? E.g. hair, height etc

- **Keeping clean**

Can we we keep ourselves clean? E.g. wash hands, brush hair, brush teeth.

- **Staying safe**

Make a stay safe poster.

E.g. Tell parents where you are going and when you will be home.

Stay with friends.

Year 5 overview

In Year 5 Growing and Changing lessons cover 5 core themes.

- **Different roles**

True or false activity about jobs for men and women E.g. A woman can be a fire-fighter .

- **Different relationships**

Types of relationships- friends, parents, siblings, family. What makes a good relationship? Identify types of relationships from images.

- **Puberty- School Nurse**

Male and female body parts. What happens during puberty?

- **Keeping clean**

Letter activity. Pupils read letters asking for advice (hygiene related) and give advice based on their knowledge.

- **Staying safe**

Discuss different situations and places to be (E.g. a railway line) are they safe places? Read situation cards- pupils give safety advice.

Year 6 overview

In Year 6 Growing and Changing lessons cover 5 core themes.

- **Respect**

How do we show respect?

- **Feelings**

Feelings we might have. All feelings are ok. When might we feel that way?

- **Puberty- School Nurse**

Male and female body parts. What happens during puberty?

- **Using my words**

How the words we choose make people feel activity

- **Staying safe online**

E-safety lesson. Information we must never give out. How to stay safe online. Who to speak to if we are worried.