



Abberley Parochial V.C. Primary School

Rooted and Grounded in love PSHE Changing ME Curriculum Overview

	Year 1	Vocabulary	Year 2	Vocabulary
1	Life Cycles Start to understand the life cycles of animals and humans understand that changes happen as we grow and that this is OK.	Changes Life cycle Baby Adulthood	Life Cycles in Nature Recognise cycles of life in nature understand there are some changes that are outside my control and to recognise how I feel about this.	Change Grow Life cycle Control Baby Adult Fully grown
2	Changing Me Tell you some things about me that have changed and some things about me that have stayed the same. Know that changes are OK and that sometimes they will happen whether I want them to or not.	change Life cycle Baby Adult Grown up	Growing from Young to Old 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.	Growing up Old Young Change Respect Appearance Physical
3	My Changing Body Know how my body has changed since I was a baby. Understand that growing up is natural and that everybody grows at different rates.	Baby Growing up Adult Mature Change	The Changing 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.	Baby Toddler Child Teenager Adult Independent Timeline Freedom Responsibilities
4	Boys' and Girls' Bodies Identify the parts of the body that make boys different to girls and use the correct names for these. Respect my body and understand which parts are private	Male Female Vagina Penis Testicles Anus	Boys' and Girls' Bodies 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. Tell you what I like/don't like about being a boy/girl.	Male Female Vagina Penis Testicles Anus Public Private
5	NSPCC Pants Talk Pants Rule Recognise and repeat the PANTS rule.		NSPCC PANTS Pants Power Identify safe adults and how to ask for help if something is upsetting or worrying. Recognise that parts of body are private.	
6	Coping with Changes Tell you about changes that have happened in my life. Know some ways to cope with changes.	Change Feelings Anxious Worried Excited Coping	NSPCC PANTS More Pants Power Identify that there are different types of touch; and how touch can make people feel. Recognise that someone's body belongs to them, and that they can say 'no' to being touched. Describe the difference between happy surprises and secrets, and how to talk if something is upsetting.	
NSPCC Pants Song: Talk PANTS with Pantosaurus and his PANTS song #TalkPANTS				

Date	Year 3	Vocabulary	Year 4	Vocabulary
1	How babies grow 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. Express how I feel when I see babies or baby animals.	Changes Birth Animals Babies Mother Growing up	Unique Me 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. Appreciate that I am a truly unique human being.	Personal Unique Characteristics Parent Egg Sperm conception
2	Babies 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.	Baby Grow Uterus Womb Nutrients Survive Love Affection Care	Circles of Change Know how the circle of change works and can apply it to changes I want to make in my life. I am confident enough to try to make changes when I think they will benefit me.	Seasons Change Control
3	Family Stereotypes 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.	Stereotypes Task Roles Challenge	Accepting Change Identify changes that have been and may continue to be outside of my control that I learnt to accept. Express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively.	Range of emotions Control Change Acceptance
4	NSPCC PANTS Building Confidence Identify examples of appropriate and inappropriate touch. Recognise that no means no and different ways to express this.	Safe Unsafe Consent Belong Inappropriate Uncomfortable Accidental Children's right	NSPCC PANTS How can PANTS rules help us Recognise that other people's bodies belong to them and should be respected. Describe how to challenge language and behaviours that are unacceptable. Identify when it is right to break a confidence or share a secret. Explain how to get help for themselves or a friend	
5	Looking Ahead Identify what I am looking forward to when I move to my next class Start to think about changes I will make next year and know how to go about this	Change Looking forward Excited Nervous Anxious Happy	Combine with Year 3	
6	Advice for new KS2 pupils in September Top Tips for new classroom.		Combine with Year 3	

Date	Year 5	Vocabulary	Year 6	Vocabulary
1	Self-Image and Body Image Be aware of my own self-image and how my body image fits into that. Know how to develop my own self esteem	Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation	My Self-Image Year 6 Piece 1 Aware of my own self-image and how my body image fits into that Know how to develop my own self-esteem	Self-image Self-esteem Real self Celebrity
2	Outside Body Changes 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	Change Puberty Control	Girls and Puberty 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.	Puberty Menstruation Periods
3	Inside Body Changes 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	Puberty, Male Female, Testicles Sperm, Penis Ovaries, Egg Ovum/ Ova Womb/ Uterus, Vagina	Puberty for Boys Describe how boys' and girls' bodies change during puberty. Express how I feel about the changes that will happen to me during puberty.	Puberty ,Sperm Semen Testicles/Testes Erection, Larynx Facial hair ,Growth spurt Hormones
4	Looking Ahead 1 Identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent) Be confident that I can cope with the changes that growing up will bring.	Teenager Milestone Perceptions Puberty Responsibilities	Having a Baby PARENTS HAVE OPTION TO OPT OUT OF THIS LESSON 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	Sperm Egg/ Ovum Penis Testicles Vagina/ Vulva Womb/ Uterus Ovaries Making love Sexual Intercourse Fertilise Conception
5	Looking Ahead 2 Identify what I am looking forward to when I move to my next class. To think about changes I will make next year and know how to go about this.	Change Hope Manage Cope Opportunities Emotions Fear Excitement Anxious	Boyfriends and Girlfriends Understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend 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	Attraction Relationship Pressure Love Sexting
6	Use this hour as some sessions might be longer than hour and run over into a following week or combine with Year 6.	Real self and ideal self Year 6 Piece 5 (BH) Be aware of the importance of a positive self-esteem and what I can do to develop it Express how I feel about my self-image and know how to challenge negative 'body-talk		Self-esteem Negative body-talk Choice Feelings/emotions Challenge Mental health
	https://youtu.be/z1n9Jly3CQ8 (NSPCC I saw your willy) What is appropriate images to take and share and what is not.			

