Growing and Changing Skills Progression

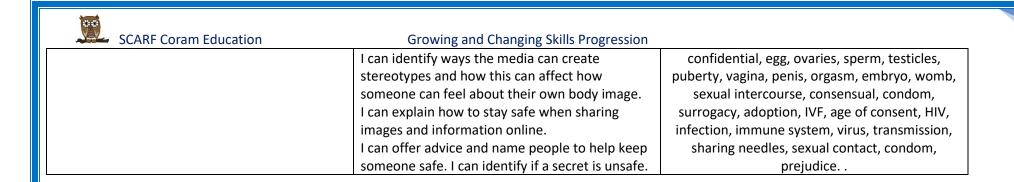
	Skills	Vocabulary
EYFS	I can describe different seasons. I can tell you how boys and girls are different or the same. I can describe the life cycle of an animal. I can talk about how babies and animals grow. I can describe how a baby grows to an adult and what they might need. I can tell you some things how babies are made. I can tell you the scientific names for my body parts. I can tell you the PANTS rule.	Seasons, spring, summer, autumn, winter, cycle, growing, life cycles, baby, child, teenage, adult, old age, family, baby, love, care, teenage, adult, grow, private parts, penis, vulva.
Year 1	I can tell you some things that babies need. I can tell you what I can do now that I couldn't do as a toddler and some things I am still learning. I can talk about how safe secrets and surprises make me feel and who to talk to if I am worried. I can name the body parts girls and boys have that are the same and which body parts are different. I can name the adults I can talk to at home and school if I need help.	Organ, heart, lungs, intestines, brain, stomach, oxygen, digested, caring, love, attention, change, growing, unkind, tease, teasing, bully, bullying, witness, experience, getting help, surprise, secret, uncomfortable, privates, private, penis, vulva, hygiene.
Year 2	I can give support to a friend. I can describe feelings of loss and suggest what someone can do if a friend moves away. I can describe the stages of growth I have been through and what I look forward to in my future. I can name the human private parts that are used to make a baby. I can talk about keeping private parts private.	Help, support, supportive, change, loss, feelings, emotions, frightened, nervous, growing, food, rest, sleep, care, learning, unique, special, penis, testicles, vulva, nipples, genitals, private, privacy, consent, permission, first aid, risk, accident, danger, hazard, kettle, safe, burn, scald, accident, emergency.
Year 3	I can explain what body space is and how it feels when someone is too close to me. I can tell you some of the different relationships I have.	Relationships, positive, healthy, trust, caring, personal space, body space, invade, uncomfortable, stop, respect, touch, secret, surprise, feelings, uncomfortable, angry, upset,

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	I can tell you what qualities a healthy positive	jealous, worried, excited, scared, talk, egg,	
	relationship has.	sperm, puberty, period, ovary, fallopian tube,	
	I can describe how girls' and boys' body will	uterus (womb), lining, vagina, sanitary pad,	
	change when it reaches puberty.	tampon, menstruation cup.	
	I can tell you what happens to a woman's body		
	when the sperm does not meet the egg.		
Year 4	I can describe how change can make a person	Learning line, practice, compromise, hormones,	
	feel (both negative and positive).	puberty, pubic hair, eggs, sperm, penis, testicles,	
	I can explain why young people can have mixed	breasts, ovaries, womb, vagina, vulva, clitoris,	
	up feelings when they go through puberty.	labia, puberty, menstrual cycle, eggs, periods,	
	I can explain why puberty happens.	sanitary pads, tampons, menstruation cup,	
	I can talk about how people feel during puberty	secret, surprise, uncomfortable feelings,	
	and the menstruation cycle and ways to help	marriage, live together, civil partnership, forced	
	cope with the changes.	marriage.	
	I can explain why some people choose to get		
	marries, have a civil ceremony or live together.		
Year 5	I can begin to manage challenging emotions by	Wellbeing, resilience, trust, unwanted	
	building my resilience.	attention/touch, separation, fostered, pubic	
	I can describe the emotions and feelings people	hair, clitoris, vulva, vagina, lips (labia), penis,	
	have during puberty and some respectful	scrotum, testicles, foreskin, anus, wet dream,	
	strategies to deal with conflict.	erection, puberty, genitalia, menstruation,	
	I can identify how someone could deal with an	period, sanitary towel, tampon, menstruation	
	unsafe situation by name trusted adults and	cup, sanitary protection, embarrassed, reactions,	
	strategies to stay safe.	consequences, confidences, confidential,	
	I can explain, using the correct vocabulary, the	hormones, compromise, respect, mood swings,	
	menstruation cycle and puberty changes and the	prejudice, biologic sex, sexual orientation,	
	products people need.	gender identity, gender expression, verbal	
	I can give examples of feelings and emotions	abuse, physical abuse.	
	people have at times of change.		
Year 6	I can name some of the feelings and emotions	Change, support, conversation, discuss, body	
	people have during change.	image, self-esteem, manipulation, media	
	I can give examples of how someone could cope	manipulation, stereotype, gender stereotype,	

with or get support during puberty.

peer pressure, right to privacy, sharing online, online safety, puberty, physical changes, emotional changes, rights, FGM, confidence,





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