

This topic explores how people grow and change from babies, through puberty to adulthood. At Key Stage 1, it examines ways in which children have grown and how they will continue to change, and how to develop resilience to change. At Key Stage 2, it identifies changes that will take place in children's bodies during puberty, and explores ways to manage the emotional effects of life changes, including transition to secondary school.

Year group		Video	Vocabulary	Lessons
Y1	Growing and changing	How I have changed	growing, adults, babies, change, older, growing up, jobs, future	<ol style="list-style-type: none"> 1. Animal babies 2. How have we changed? 3. A future me
Y2	Growing up and setting goals	Three generations	growing, adult, baby, change, timeline, life cycle, likes, dislikes, change, future, likes, dislikes, change, future	<ol style="list-style-type: none"> 1. When I am older 2. Looking at the changes ahead 3. Goals
Y3	Coping with feelings when things change	When Bailey's dog died	changes, support, feelings, sad, empathy, sympathy, happy, positive, kind, emotions	<ol style="list-style-type: none"> 1. New changes 2. Feeling sad and showing empathy 3. Happiness
Y4	Puberty and hygiene	Sweat, soap and showers	puberty, hormones, menstruation, eggs, sanitary pads, periods, hygiene, hormones, sweat, health	<ol style="list-style-type: none"> 1. What is puberty? 2. Understanding periods 3. Keeping clean as we grow and change
Y5	Puberty and emotions	Elise explains: periods	hormones, menstruation, periods, sperm, eggs, ovaries, testicles, vagina, penis, puberty, emotions, hormones, changes, feelings, support, control	<ol style="list-style-type: none"> 1. Puberty 2. Puberty and emotions 3. Emotional changes: managing well
Y6	Coping with emotional effects of life changes	Ask the expert: puberty	body image, reality, pressure, attributes, influence, relationships, emotions, secondary school, future, memories, reflect	<ol style="list-style-type: none"> 1. Body image 2. Puberty and changing relationships 3. Moving on