



FOREST PREPARATORY SCHOOL

EST. 1924

Unit of Work for Relationships Education

'Growing and Changing' Overview

Year group	Lesson Topic	Lesson Objective(s)	Notes
<i>Nursery/ Pre-Prep</i>	Growing and changing in nature	<ul style="list-style-type: none">To understand what 'change' means.To observe some changes in our everyday environment.	
	When I was a baby	<ul style="list-style-type: none">Understand that babies change and grow.Understand what babies require to grow.	
	Girls, boys and families	<ul style="list-style-type: none">To understand there should be no constraints for children, purely based on whether they are boys or girls.	<ul style="list-style-type: none"><i>Sample material available</i>



FOREST PREPARATORY SCHOOL

EST. 1924

Year group	Lesson Topic	Lesson Objective(s)	Notes
<i>Reception</i>	Seasons	<ul style="list-style-type: none">Name the different seasons and describe their differences.Explain the changes that occur as seasons change.Talk about how they have grown in resilience.	
	Life stages- plants, animals, humans	<ul style="list-style-type: none">To understand that animals and humans change in appearance over time.Use relevant vocabulary such as egg, seed, baby, grow, change, old, young (and the names for young animals).Make observations and ask questions about living things.	
	Life stages: Human life stages, who will I be?	<ul style="list-style-type: none">Retell a story and respond to questions about it.Use the language and describe the different life stages of: baby, child, teenager, adult, older age.Talk about their own experience of growing up.	
	Where do babies come from?	<ul style="list-style-type: none">Explain that a baby is made by a woman and a man, and grows inside a mother's tummy.Understand that every family is different.Talk about similarities and differences between themselves and others.	<ul style="list-style-type: none"><i>Sample material available</i>
	Getting bigger	<ul style="list-style-type: none">Talk about how they have changed as they have grown.Explain the differences between babies, children, and adults.Understand that we are all unique.	



FOREST PREPARATORY SCHOOL

EST. 1924

	Me and my body- girls and boys	<ul style="list-style-type: none">• Name parts of the body (including reproductive parts) using the correct vocabulary.• Explain which parts of their body are kept private and safe and why.• Tell or ask an appropriate adult for help if they feel unsafe.	<ul style="list-style-type: none">• <i>Sample material available</i>



FOREST PREPARATORY SCHOOL

EST. 1924

Year group	Lesson Topic	Lesson Objective(s)	Notes
Year 1	Inside my wonderful body!	<ul style="list-style-type: none">Name major internal body parts (heart, lungs, blood, stomach, intestines, brain).Understand and explain the simple bodily processes associated with them.	
	Taking care of a baby	<ul style="list-style-type: none">Understand some of the tasks required to look after a baby.Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding.	
	Then and now	<ul style="list-style-type: none">Identify things they could do as a baby, a toddler and can do now.Identify the people who help/helped them at those different stages.	
	Who can help	<ul style="list-style-type: none">Explain the difference between teasing and bullying.Give examples of what they can do if they experience or witness bullying.Say who they could get help from in a bullying situation.	
	Surprises and secrets	<ul style="list-style-type: none">Explain the difference between a secret and a nice surprise.Identify situations as being secrets or surprises.Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep.	
	Keeping privates private	<ul style="list-style-type: none">Identify parts of the body that are private.Describe ways in which private parts can be kept private.	<ul style="list-style-type: none">Sample material available.



FOREST PREPARATORY SCHOOL

EST. 1924

		<ul style="list-style-type: none">• Identify people they can talk to about their private parts.	
	<i>Additional notes: If any variation of the body parts 'penis' or 'vagina' are mentioned by the children, the teacher will refer to these as our 'private parts'.</i>		



FOREST PREPARATORY SCHOOL

EST. 1924

Year group	Lesson Topic	Lesson Objective(s)	Notes
Year 2	A helping hand!	<ul style="list-style-type: none"> To demonstrate simple ways of giving positive feedback to others. 	
	Sam moves away	<ul style="list-style-type: none"> Recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to. 	
	Haven't you grown!	<ul style="list-style-type: none"> Identify different stages of growth (e.g. baby, toddler, child, teenager, adult); Understand and describe some of the things that people are capable of at these different stages. 	
	My body, your body	<ul style="list-style-type: none"> Identify which parts of the human body are private. Referred to as 'boys' private parts' and 'girls' private parts'. Understand that humans mostly have the same body parts but that they can look different from person to person. 	<ul style="list-style-type: none"> Sample material available
	Respecting privacy	<ul style="list-style-type: none"> Explain what privacy means. Know that you are not allowed to touch someone's private belongings without their permission. Give examples of different types of private information. 	
Additional notes: If any variation of the body parts 'penis' or 'vagina' are mentioned by the children, the teacher will refer to these as our 'private parts'.			



FOREST PREPARATORY SCHOOL

EST. 1924

Year group	Lesson Topic	Lesson Objective(s)	Notes
Year 3	Relationship Tree	<ul style="list-style-type: none">Identify different types of relationships.Recognise who they have positive healthy relationships with.	
	Body space	<ul style="list-style-type: none">Understand what is meant by the term body space (or personal space).Identify when it is appropriate or inappropriate to allow someone into their body space.Rehearse strategies for when someone is inappropriately in their body space.	
	Secret or surprise?	<ul style="list-style-type: none">Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret.Recognise how different surprises and secrets might make them feel.Know who they could ask for help if a secret made them feel uncomfortable or unsafe.	



FOREST PREPARATORY SCHOOL

EST. 1924

Year group	Lesson Topic	Lesson Objective(s)	Notes
Year 4	Moving house	<ul style="list-style-type: none">Describe some of the changes that happen to people during their lives.Explain how the Learning Line can be used as a tool to help them manage change more easily.Suggest people who may be able to help them deal with change.	
	My feelings are all over the place	<ul style="list-style-type: none">Name some positive and negative feelings.Understand how the onset of puberty can have emotional as well as physical impact.Suggest reasons why young people sometimes fall out with their parents.Take part in a role play practising how to compromise.	
	All change	<ul style="list-style-type: none">Identify parts of the body that males and females have in common and those that are different.Know the correct terminology for their genitalia. *Understand and explain why puberty happens.	<ul style="list-style-type: none">Sample material available
	Preparing for periods	<ul style="list-style-type: none">Know the key facts of the menstrual cycle.Understand that periods are a normal part of puberty for girls.Identify some of the ways to cope better with periods.	<ul style="list-style-type: none">Sample material available
	Secret or surprise?	<ul style="list-style-type: none">Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret.Recognise how different surprises and secrets might make them feel.	



FOREST PREPARATORY SCHOOL

EST. 1924

		<ul style="list-style-type: none">• Know who they could ask for help if a secret made them feel uncomfortable or unsafe.	
	Together	<ul style="list-style-type: none">• Understand that marriage is a commitment to be entered into freely and not against someone's will.• Recognise that marriage includes same sex and opposite sex partners.• Know the legal age for marriage in England or Scotland.• Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.	
	<i>Additional notes: the term 'private parts' as previously used in KS1 will now be given biologically accurate names.</i> <i>*(Female: vulva, vagina, ovaries, eggs, womb, clitoris, labia, breasts; Male: penis, testicles, sperm, pubic hair).</i>		



FOREST PREPARATORY SCHOOL

EST. 1924

Year group	Lesson Topic	Lesson Objective(s)	Notes
Year 5	How are they feeling?	<ul style="list-style-type: none">• Use a range of words and phrases to describe the intensity of different feelings.• Distinguish between good and not so good feelings, using appropriate vocabulary to describe these.• Explain strategies they can use to build resilience.	
	Taking notice of our feelings	<ul style="list-style-type: none">• Identify people who can be trusted.• Understand what kinds of touch are acceptable or unacceptable.• Describe strategies for dealing with situations in which they would feel uncomfortable, particularly in relation to inappropriate touch.	
	Dear Hetty	<ul style="list-style-type: none">• Explain how someone might feel when they are separated from someone or something they like.• Suggest ways to help someone who is separated from someone or something they like.	
	Changing bodies and feelings	<ul style="list-style-type: none">• Know the correct words for the external sexual organs. *• Discuss some of the myths associated with puberty.	<ul style="list-style-type: none">• <i>Delivered in single sex groups.</i>• <i>Sample material available.</i>
	Growing up and changing bodies	<ul style="list-style-type: none">• Identify some products that they may need during puberty and why.• Know what menstruation is and why it happens.	<ul style="list-style-type: none">• <i>Sample material available.</i>
	Help! I'm a teenager, get me out of here!	<ul style="list-style-type: none">• Recognise how our body feels when we're relaxed.• List some of the ways our body feels when it is nervous or sad.	



FOREST PREPARATORY SCHOOL

EST. 1924

		<ul style="list-style-type: none">Describe and/or demonstrate how to be resilient in order to find someone who will listen to you.	
	It could happen to anyone	<ul style="list-style-type: none">Identify the consequences of positive and negative behaviour on themselves and others.Give examples of how individual/group actions can impact on others in a positive or negative way.	
	Stop, start, stereotypes	<ul style="list-style-type: none">Recognise that some people can get bullied because of the way they express their gender.Give examples of how bullying behaviours can be stopped.	
	<i>Additional notes: the term 'private parts' as previously used in KS1 will now be given biologically accurate names. *(Female: vulva, outer lips, inner lips, clitoris, anus. Male: foreskin, anus, penis, scrotum, testicles).</i>		



FOREST PREPARATORY SCHOOL

EST. 1924

Year group	Lesson Topic	Lesson Objective(s)	Notes
Year 6	Helpful or unhelpful? Managing change	<ul style="list-style-type: none">Recognise some of the changes they have experienced and their emotional responses to those changes.Suggest positive strategies for dealing with change.Identify people who can support someone who is dealing with a challenging time of change.	
	I look great!	<ul style="list-style-type: none">Understand that fame can be short-lived.Recognise that photos can be changed to match society's view of perfect.Identify qualities that people have, as well as their looks.	
	Media manipulation	<ul style="list-style-type: none">Define what is meant by the term stereotype.Recognise how the media can sometimes reinforce gender stereotypes.Recognise that people fall into a wide range of what is seen as normal.Challenge stereotypical gender portrayals of people	
	Pressure online	<ul style="list-style-type: none">Understand the risks of sharing images online and how these are hard to control, once shared.Understand that people can feel pressured to behave in a certain way because of the influence of the peer group.Understand the norms of risk-taking behaviour and that these are usually lower than people believe them to be.	<ul style="list-style-type: none"><i>Delivered in single sex groups.</i><i>Sample material available.</i>
	Is this normal?	<ul style="list-style-type: none">Define the word 'puberty' giving examples of some of the physical and emotional changes associated with it.Suggest strategies that would help someone who felt challenged by the changes in puberty.	<ul style="list-style-type: none"><i>Sample material available.</i>



FOREST PREPARATORY SCHOOL

EST. 1924

		<ul style="list-style-type: none">• Understand what FGM is and that it is an illegal practice in this country.• Know where someone could get support if they were concerned about their own or another person's safety.	
	Dear Ash	<ul style="list-style-type: none">• Explain the difference between a safe and an unsafe secret.• Identify situations where someone might need to break a confidence in order to keep someone safe.	
	<i>Additional notes: the term 'private parts' as previously used in KS1 will now be given biologically accurate names. *(Female: vulva, outer lips, inner lips, clitoris, anus. Male: foreskin, anus, penis, scrotum, testicles).</i>		