

# Learning Journey Growing and Changing: RECEPTION

Children understand that animals and humans change in appearance over time. They use relevant vocabulary such as egg, seed, baby, grow, change, old, and young. They make observations and ask questions about living things.

RECEPTION Life stages: Plants, animals, humans

RECEPTION Life stages: Human life - Who will I be?

Children use the language and describe the different life stages of: baby, child, teenager, adult, older age, and talk about their own experience of growing up.

RECEPTION Where do babies come from?

Children are introduced to the basics of human reproduction. They understand that a baby grows inside a woman's tummy/womb. They recognise that every family is different and talk about the similarities and differences between themselves and others.

RECEPTION Getting bigger

Children reflect on how they have changed as they have grown. They can explain the differences between babies, children, and adults, and understand that we are all unique.

RECEPTION Me and my body - girls and boys

Children learn the names of parts of the body (including reproductive parts) using the correct vocabulary. They can explain which parts of their body are kept private and safe - and why. They know to tell or ask an appropriate adult for help if they feel unsafe.

# Learning Journey

## Growing and Changing:

### Key Stage 1

Children will understand some of the tasks required to look after a baby, and how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, and feeding.

YEAR 1  
Taking care of  
a baby

YEAR 1  
Then and now

Children will start to identify things they could do as a baby and toddler as well as things they can do now. They can identify the people who help or helped them at these different stages.

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YEAR 1  
Keeping  
privates  
private

YEAR 2  
Haven't you  
grown?

Children can identify different stages of growth (e.g. baby, toddler, child, teenager, adult) and describe some of the things that people are capable of at these different stages.

YEAR 2  
My body, your  
body

Children will recall which parts of their body are private. They will know that we mostly have the same body parts, but how they look is different from person to person.

# Learning Journey

## Growing and Changing: Lower Key Stage 2

They will understand and name their genitals. They will make links to some puberty changes, including menstruation, using the correct vocabulary.

YEAR 3  
My changing  
body

YEAR 4  
My feelings are  
all over the  
place

Children understand how the onset of puberty can have an emotional as well as physical impact, recognise that this may lead to conflict with parents and learn how to compromise.

Children recall parts of the body that males and females have in common and those that are different, using the correct terminology for genitalia, and explain why puberty happens.

YEAR 4  
All change

Children will explain how know how and why periods and wet dreams occur, and how to manage both successfully.

(Boys and girls learn this separately)

YEAR 4  
Preparing for  
changes at  
puberty

# Learning Journey Growing and Changing: Upper Key Stage 2

