

## Learning Journey Growing and Changing Early Years

coram  
Life Education

SCARF

Children notice the similarities and differences between males and females. They begin to play inclusively with their friends, regardless of their sex (if not already doing so). They think differently and more openly about what a family may look like.

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 (and the names for young animals). They make observations and ask questions about living things.

Children are introduced to the basics of human reproduction (not sexual intercourse). They understand that a baby is made by a woman and a man, and 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.

**NURSERY**  
When I was  
a baby

Children talk about how babies change as they grow, what they need and how this changes as they grow. They share their own experiences and listen to those of the others.

**NURSERY**  
Girls, boys  
and families

**RECEPTION**  
Life stages –  
plants,  
animals,  
humans

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**  
Life stages:  
Human life  
stage – who  
will I be?

**RECEPTION**  
Where do  
babies come  
from?

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**  
Getting bigger

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.

**RECEPTION**  
Me and my  
body – girls  
and boys

## Learning Journey Growing and Changing Key Stage 1

coram  
Life Education

SCARF

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.

**Year 1  
Taking care  
of a baby**

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  
Then and  
now**

**Year 1  
Keeping  
privates  
private**

Children will be able to identify parts of the body that are private and ways in which they can be kept private. They can identify people that it's ok to talk to about their private parts.

**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 understand that genitals help make babies when we are older, and 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

coram  
Life Education

SCARF

Children recall that babies come from the joining of an egg and sperm; and are introduced 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.

Year 4  
All change!

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  
Preparing for  
changes at  
puberty

Children will explain how human reproduction (not sexual intercourse) occurs, know how and why periods occur, and how to manage both successfully.



## Learning Journey Growing and Changing Upper Key Stage 2

coram  
Life Education

SCARF

Children apply their knowledge of the various puberty changes, including menstruation, and identify some products that they may need during puberty, and why.

Children will increase their vocabulary for the external sexual organs, as well as debunk some of the myths associated with various puberty changes.

Children learn the variety of ways in which a couple can create a family (including through sexual intercourse), and how it can be prevented. They learn the legal age of consent and what it means.

**Year 5  
Help! I'm a  
teenager-  
get me out  
of here!**

Children recall that puberty is an emotional as well as a physical change, how and why mood swings occur and how to manage their strong feelings.

**Year 5  
Growing up  
and  
changing  
Bodies**

**Year 5  
Changing  
bodies and  
feelings**

Children will apply their knowledge of the physical and emotional changes experienced during puberty and list strategies that would help someone who felt challenged by these changes.

**Year 6  
Is this normal?**

**Year 6  
Making babies**

In Year 5 we also cover;

- Gender Identity
- Wet Dreams and Masturbation
- Revisit Periods

In Year 6 we also cover;

- Stereotyping
- Body Image
- Media influence
- Sexting
- Revisit Periods