| EYFS | **Seasons*** Seasons
* Spring
* Summer
* Autumn
* Winter
* cycle
 | **Life Stages*** Growing
* Life cycles
* Egg
* Seed
* Baby
* Grow
* Change
* Old
* young
 | **Where Do Babies Come From?*** family
* baby
* love
* care
* tummy
* womb
* pregnancy
* egg
* sperm
* adoption
* surrogacy
* donated sperm/eggs
* same-sex parents
* one-parent families
 |
| --- | --- | --- | --- |
| **Getting Bigger*** baby
* child
* teenager
* adult
* grow
* messages (DNA/Genes)
* families of different beliefs
* adoption
* surrogacy
* IVF
 | **Me and My body - Girls and Boys*** private parts
* penis
* vulva
* testicles
* vagina
* eggs
* sperm
* privacy
* my body is mine (body autonomy)
* dolls and cars are for everyone (gender stereotyping)
* privacy
 |
| Year 1 | **Healthy Me*** energy
* food
* water
* air
* oxygen
* exercise
* sleep
* healthy
 | **Then and Now*** Change
* Growing
* Size
* Height
* Needs
* help
 | **Taking Care of a Baby*** Caring
* Love
* Attention
* Needs
* help
 |
| **Who Can Help?** * Unkind
* Unkindness
* Tease
* Teasing
* Bully
* Bullying
* Witness
* Experience
* Getting help
 | **Surprises and Secrets*** Surprise
* Secret
* uncomfortable
 | **Keeping Privates Private*** privates
* private
* penis
* vulva
* hygiene
* help
* change
* sore
* doctor
* private activity
* private places
* my body is mine (body autonomy)
 |
| Year 2 | **Haven’t you grown!*** growing
* food
* rest
* sleep
* care
* learning
* change
* forward looking
* making choices
* asking permission
 | **My body, Your Body*** unique
* special
* penis
* testicles
* vulva
* nipples
* private parts
* my body is mine (body autonomy)
* sperm
* eggs
* ovaries
* womb
* pregnancy
 | **Respecting Privacy*** genitals
* penis
* vulva
* private
* privacy
* consent
* permission
 |
| **Sam Moves Away*** Change
* Loss
* Feelings
* Emotions
* Frightening
* nervous
 | **A Helping Hand*** Help
* Support
* supportive
 | **Some Secrets Should Never Be Kept*** genitals
* penis
* vulva
* private
* private parts
* consent
* permission
* secret
* uncomfortable
* unsafe
* tell
* someone you trust
 |
| Year 3 | **Relationship Tree*** Relationships
* Positive
* Healthy
* Trust
* caring
 | **Body Space*** Personal space
* Body space
* Invade
* Uncomfortable
* Stop
* Respect
* touch
 | **None of Your Business**!* Internet safety
* Private
* Public
* Profile
* Personal information
 |
| **Secret or Surprise?*** secret
* surprise
* feelings
* uncomfortable
* angry
* upset
* jealous
* worried
* excited
* scared
* talk
 | **My Changing Body*** egg
* sperm
* puberty
* period
* ovary
* fallopian tube
* uterus (womb)
* lining
* vagina
* period/menstruation pad
* tampon
* menstruation cup
* breasts
* genitals
* testicles
* womb
* wet dream
* penis
* mammals
* fertilise
* birth
* hips
* periods
* spots
* sweat
* pubic hair
* cervix
* menstrual cycle
* fertilise
* menstruation
 | **Basic First Aid*** first aid
* risk
* accident
* danger
* hazard
* kettle
* safe
* burn
* scald
* accident
* emergency
 |
| Year 4 | **Moving House*** Learning line
* practise
 | **My Feelings Are All Over The Place!*** Compromise
* Hormones
* Puberty
* Feelings
* Independence
* conflict
 | **All Change!*** Puberty
* pituitary gland
* estrogen
* testosterone
* pubic hair
* eggs
* sperm
* penis
* testicles
* breasts
* ovaries
* womb
* vagina
* vulva
* clitoris
* labia
* semen
* legal age of consent
* Marriage
* physical changes
* facial hair
* underarm hair
* sweat
* body odour
* wet dreams
* ejaculation
* erections
* growth spurt
* deeper voice
* breast growth
* reproduction
* testosterone
* mood swings
* sexual feelings
* Privacy
* Mood swings
* hair removal
* growth spurt
* wider hips
* Sexual feelings
* bras
* acne/pimples
* sebum
* headache
* stomach ache
* Vaginal discharge
* fallopian tube
* Vagina
* Endometrium (uterus lining)
* Cramps
* Pre menstural stress
* Sanitary pad
 |
| **Secret or Surprise?*** Secret
* Surprise
* Uncomfortable feelings
 | **Preparing For Puberty:*** puberty
* menstrual cycle
* eggs
* periods
* menstruation
* period/menstruation pad
* tampons
* menstruation cup
* wet dreams
* testicles
* sperm
* semen
* hips
* periods
* spots
* sweat
* genitals
* pubic hair
* voice deepens
* testicles
* ovaries
* penis
* breasts
* vagina
* fallopian tube
* cervix
* lining of the uterus
* pads
* tampons
* menstrual cup
* fertilised egg
* pregnant
* ejaculate
* nocturnal emission
* whitish fluid
* wet
* lubricated
* vulva
* slippery
* sexual nature
* felt good
* pee
* sheets
* laundry
* guilty
* embarrassed
* normal
* natural
 |
| **Together*** Marriage
* Live together
* Civil partnership
* Forced marriage
 |
| **Know your body - supplementary lesson*** Female genital mutliation
* Vulva
* Rights
* illegal
 |
| Year 5 | **How are they feeling?*** Wellbeing
* resilience
 | **Taking Notice of Our Feelings*** Trust
* Resilience
* Unwanted attention
* Unwanted touch
 | **Growing and Changing Bodies*** Puberty
* Genitalia
* Semen
* Menstruation
* Period
* period/menstruation pads
* Tampon
* Managing feelings
 |
| **Changing Bodies and Feelings*** pubic hair
* clitoris
* vulva
* vaginal opening
* urinary opening
* lips (labia)
* penis
* menstruation cup
* period protection
* sweat
* washing
* body confidence
* emotions
* spots
* hair removal
* body autonomy
* vaginal discharge
* involuntary erections
* wet dreams
* body odour
* hormones
* hydration
* exercise
* sleep
* breast development
* hips widen
* height gain
* periods
* pubic hair
* menstruation
* genitalia
* deodrant
* shower gel
* washing powder
* spot cream
* facial wash
* period products
* masturbation
 | **Dear Ash*** In confidence
* Break a confidence
* Confidential
 |
| **Help I’m A Teenager- Get Me Out Of Here!*** Hormones
* Compromise
* Respect
* Mood swings
* Conflict
* Puberty
* Emotional changes
 | **Dear Hetty*** Separation
* fostered
 |
|
| Year 6 | **I Look Great!*** Body image
* Self esteem
* manipulation
 | **Is This Normal?*** puberty
* physical changes
* emotional changes
* rights
* FGM
* periods
* mood swings
* spots
* voice deepening
* period products
* vulva
* Puberty and finding out who you are
* identity
* manage emotions
* hormones
* physical changes
* feeling funny sexually
* start to have questions about sex
* sexual reaction
* friends
* more independence
 | **Pressure Online*** Peer pressure
* Right to privacy
* Sharing online
* Online safety
 |
| **Media Manipulation*** Media manipulation
* Stereotype
* Gender stereotype
 | **Making Babies*** egg
* ovaries
* sperm
* testicles
* puberty
* vagina
* penis
* orgasm
* embryo
* womb
* sexual intercourse
* consensual
* condom
* surrogacy
* adoption
* IVF
* age of consent
* miscarriage
* conception
* condom
* consensual relationship
* hug
* cuddle
* kiss
* erection
* Vaginal wetness
* excited
* pleasurable feeling
* implant
* pregnancy
* birth
* caesarean
* cut
* labour
* muscles
* cervix
* hips widen
* wet dreams
* erections
* loving relationship
* cells
* semen
* ejaculate
* hormones
* menstrual cycle
* ripen
* lining of womb
* mature egg
* ovulation
* fallopian tube
* fertilisation
* uterine lining
* period

How a baby is born* vaginal childbirth
* pelvis
* efface
* dilate
* contractions
* mucous plug
* water break
* doctor
* midwife
* cervical opening
* birth canal
* delivery
* active labour
* contracts
* crowning fetal head
* episiotomy
* skull bones
* umbilical cord
* placenta
* breastfeeding

All the different ways couples can create babies* queer couple
* LGBTQ+
* adoption
* stepchildren
* foster parents
* artificial insemination
* IVF
* co maternity
* surrogacy
* blended family
* donate sperm
* sperm bank
* derogatory
* homophobic
 |
| **Know your body - supplementary lesson*** Vulva
* Labia
* Penis
* Urethra
* Testicles
* Female genital mutilation
* Rights
* illegal
 | **Helpful or Unhelpful?*** Change
* Support
* Conversation
* Discuss
 |
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