

Year/Half-termly unit titles	6 Growing and Changing
EYFS	Cycles Life stages Girls and boys – similarities and difference
Y1	Getting help Becoming independent My body parts Taking care of self and others
Y2	Life cycles Dealing with loss Being supportive Growing and changing Privacy
Y3	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets
Y4	Body changes during puberty Managing difficult feelings Relationships including marriage
Y5	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Y6	Coping with changes Keeping safe Body Image Sex education Self-esteem