<table>
<tr><td rowspan="2">EYFS</td><td>Seasons
Seasons
Spring
Summer
Autumn
Winter
cycle</td><td>Life Stages
Growing
Life cycles
Egg
Seed
Baby
Grow
Change
Old
young</td><td>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</td></tr>
<tr><td>Getting Bigger
baby
child
teenager
adult
grow
messages (DNA/Genes)
families of different beliefs
adoption
surrogacy
IVF</td><td colspan="2">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</td></tr>
<tr><td rowspan="2">Year 1</td><td>Healthy Me
energy
food
water
air
oxygen
exercise
sleep
healthy</td><td>Then and Now
Change
Growing
Size
Height
Needs
help</td><td>Taking Care of a Baby
Caring
Love
Attention
Needs
help</td></tr>
<tr><td>Who Can Help?
Unkind
Unkindness
Tease
Teasing</td><td>Surprises and Secrets
Surprise
Secret
uncomfortable</td><td>Keeping Privates Private
privates
private
penis
vulva</td></tr>
</table>

	• Bully • Bullying • Witness • Experience • Getting help		• 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	**Body Space** • Personal space • Body space • Invade • Uncomfortable	**None of Your Business**! • Internet safety • Private • Public • Profile

	• caring	• Stop • Respect • touch	• 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
	Secret or Surprise? • Secret • Surprise	**Preparing For Puberty:** • puberty • menstrual cycle	

	• Uncomfortable feelings **Together** • Marriage • Live together • Civil partnership • Forced marriage	• 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	• 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

	Know your body - supplementary lesson ● Female genital mutliation ● Vulva ● Rights ● illegal	● 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	● 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
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	**Dear Ash** ● In confidence ● Break a confidence ● Confidential	

	• 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	**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	**Pressure Online** • Peer pressure • Right to privacy • Sharing online • Online safety
	Media Manipulation • Media manipulation • Stereotype • Gender stereotype		**Making Babies** • egg • ovaries • sperm • testicles

		• 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	• 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
	Know your body - supplementary lesson • Vulva • Labia • Penis • Urethra • Testicles • Female genital mutilation • Rights • illegal	**Helpful or Unhelpful?** • Change • Support • Conversation • Discuss	

			• 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