

Puberty and human reproduction by year group.

This work fulfils the requirements that sit under the 'Changing adolescent body" strand of statutory Health Education, and parents cannot withdraw their children from this:

Year group	Lesson	Objectives
FS	Growing up	How we have changed since babies
1	My changing body	Understanding that growing and changing is natural and happens to everyone at different rates.
	Boys' and girls' bodies	Appreciating the parts of the body that make us different and using the correct names for them (penis, testicles, vagina, anus)
2	The changing me	Where I am on the journey from young to old and what changes can I be proud of?
	Boys and girls	Differences between boys and girls- how do we feel about them? Which parts of me are private?
3	Outside body changes	How our bodies change so they can make a baby when we grow up- outside changes and how we feel about them.
4	Girls and puberty	How a girl's body changes - menstruation.
5	Puberty for boys	Developing understanding of changes for both sexes-

		reassurance and exploring feelings. Including- erections, sperm and wet dreams.
6	Puberty	Consolidating understanding of physical and emotional changes and how they affect us.
	Girl talk/ boy talk	A chance to ask questions and reflect (single sex)

Correct terminology for body parts is introduced early to normalise this biological vocabulary and to support safeguarding. These words are not used in isolation but always in conjunction, ensuring children know these are private parts of their body.

Puberty is introduced in Y3 because some girls may start their period at this time and it is important to prepare them for this so they aren't scared or worried.

The areas of learning are built up gently in preparation for children to have time to ask appropriate questions and make reflections as they prepare for secondary school.