



Personal Development Progression - Changing Me

	EYFS	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
	Across EYFS pupils will:	Across KS1 pupils will:	In lower KS2 pupils will:	In upper KS2 pupils will:
Knowledge	Know the names and functions of some parts of the body. Know that humans grow from baby to adult. Know who to talk to if they are feeling worried.	Know the names of male and female private body parts. Know that there are correct names for private body parts and nicknames, and when to use them. Know which parts of the body are private, that they belong to that person and that nobody has the right to hurt these. Know who to ask for help if they are worried or frightened. Know the physical differences between male and female bodies. Know that private body parts are special and that no one has the right to hurt these. Know there are different types of touch and that some are acceptable and some are unacceptable.	Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults. Know some of the outside body changes that happen during puberty. Know some of the changes on the inside that happen during puberty. Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm. Know that babies are made by a sperm joining with an ovum. Know the names of the different internal and external body parts that are needed to make a baby. Know how the female and male body change at puberty. Know that change can bring about a range of different emotions.	Know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally. Know that sexual intercourse can lead to conception. Know that some people need help to conceive and might use IVF. Know that becoming a teenager involves various changes and also brings growing responsibility. Know how a baby develops from conception through the nine months of pregnancy and how it is born. Know how being physically attracted to someone changes the nature of the relationship. Know the importance of self-esteem and what they can do to develop it.

Social and Emotional	Recognise that changing class at school can elicit happy and/or sad emotions. Say how they feel about changing class at school and growing up. Identify how they have changed from a baby.	Understand and accept that change is a natural part of getting older. Suggest ways to manage change (e.g. moving to a new class) Identify some things that have changed and some things that have stayed the same since being a baby, including the body. Say who they would go to for help if worried or scared. Say what types of touch they find comfortable/uncomfortable. Be able to confidently ask someone to stop if they are being hurt or frightened.	Express how they feel about puberty. Say who they can talk to about puberty if they have any worries. Suggest ways to help them manage feelings during changes they are more anxious about. Identify stereotypical family roles and challenge these ideas. Appreciate their own uniqueness and that of others. Express any concerns they have about puberty. Develop strategies for managing the emotions relating to change.	Celebrate what they like about their own and others' self-image and body image. Suggest ways to boost self-esteem of self and others. Recognise that puberty is a natural process that happens to everybody and that it will be OK for them. Ask questions about puberty to seek clarification. Recognise ways they can develop their own self-esteem. Express how they feel about the changes that will happen to them during puberty. Understand that mutual respect is essential in a boyfriend/girlfriend relationship and that they shouldn't feel pressured into doing something that they don't want to.
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