

How have I changed?

In this unit children will consolidate their understanding of how babies develop into children and then into adults and will consider their own physical development. They will be able to explain that a baby human or animal grows inside its mother. They will think about their responsibilities and how these have changed since they were a baby. They will then consider what babies and young children need to stay healthy and safe.

The main themes covered in this unit are:

- the human life cycle
- growing up
- personal responsibilities
- parents, carers and families

Questions the children will explore through the unit are:

- How do babies change and grow? (Statutory NC Science Y2)
- How have I changed since I was a baby? (Statutory NC Science Y2)
- What's growing in that bump? (Statutory NC Science Y2)
- What do babies and children need from their families?
- Which stable, caring relationships are at the heart of families I know?
- What are my responsibilities now I'm growing up?

At the end of the unit most pupils will:

- be able to recognise babies, children and adults of different ages and put them into age order
- understand that human babies grow inside their mothers
- be able to describe the main physical developments which take place in early childhood
- be able to describe some of the changes in responsibilities and expectations during early childhood
- understand a baby's basic needs
- understand how dependent a baby is on parents/carers to provide its basic needs.

Language that will be introduced in this unit:

baby	family		
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Points to note:

- reference made to different sorts of families – two mums, two dads etc
- changes that have happened to them since they were born

Statutory requirements

In September 2020, the DfE introduced statutory requirements for Relationships Education and Health Education which are to be covered by the end of Primary School. This unit contains teaching which directly addresses the requirements for:

Relationships Education: Families and People who care for me

- that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.

- that marriage* represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.

*Marriage in England and Wales is available to both opposite and same-sex couples. A Couple may be married in a religious or civil ceremony.

Health Education: Changing Adolescent Bodies

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.
- about menstrual wellbeing including the key facts about the menstrual cycle.