

**What does it mean to be grown up?**

In this unit children will consider the human life cycle in more detail. They will learn that an egg and sperm join together to form a baby. They will consider what they think it means to be 'grown up'. They will then look at their responsibilities and the responsibilities parents and carers have for babies and children.

**The main themes covered in this unit are:**

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

**Questions the children will explore through the unit are:**

- What are the main stages of the human life cycle? S
- How did I begin?
- What does it mean to be 'grown up'?
- What am I responsible for now and how will this change?
- How do different caring, stable, adult relationships create a secure environment for children to grow up?

**At the end of the unit most pupils will:**

- be able to identify the main stages of the human lifecycle and identify the stage of an individual with reasonable accuracy
- be able to explain that a baby grows from a male seed and a female egg
- be able to explain ideas about being grown up and show they have a relatively realistic view of adulthood
- be able to identify an area for which they can take more responsibility
- be able to explain some ways that parents/carers are responsible for babies and understand that these responsibilities are based on the fact that a baby cannot look after itself.

**Language that will be introduced in this unit:**

**From Year 1**

penis	nipple	testes	vagina
testicles	vulva	anus	private
privacy	male	female	

**From Year 3**

thorax	intestine	humorous	nipple
	scrotum	breast	

**Additional language**

baby	child	adolescent	adult
middle age			

**Points to note:**

- discussion about the roles men and women may have and gender stereotyping

**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