



# PSHCE KNOWLEDGE & SKILLS PROGRESSION - GROWING & CHANGING

***"You are braver than you believe, stronger than you see and smarter than you think."***  
*~AA Milne*



EYFS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
	<p>I can recognise what makes me special and unique including my likes, dislikes and what I am good at.</p> <p>I know how to manage and whom to tell when finding things difficult, or when things go wrong.</p> <p>I know how I am the same and different to others.</p> <p>I know about different kinds of feelings.</p> <p>I know how to recognise feelings in myself and others</p> <p>I know how feelings can affect how people behave.</p>	<p>I know about the human life cycle and how people grow from young to old.</p> <p>I know how our needs and bodies change as we grow up.</p> <p>I can identify and name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)</p> <p>I know about change as people grow up, including new opportunities and responsibilities.</p> <p>I know what is needed as I prepare to move to a new class and setting goals for next year.</p>	<p>I know about friendship—why it is important and what makes a good friend.</p> <p>I know how to maintain good friendships.</p> <p>I know about solving disagreements and conflict amongst ourselves and our peers.</p>	<p>I know about some of the physical changes experienced during puberty.</p> <p>I know about the biological changes that happen to males and females during puberty.</p> <p>I know about the importance of personal hygiene during puberty.</p> <p>I can respond to questions about puberty.</p> <p>I know how and why emotions may change during puberty.</p> <p>I know how to get appropriate help, advice and support about puberty.</p>	<p>This content will be supported by "busy bodies" videos and support material – the videos and material explore;</p> <p>I know what puberty is and what are some of the main changes.</p> <p>I know what happens in puberty.</p> <p>I know how boy's bodies grow and develop during puberty (all genders to watch).</p> <p>I know how girls' bodies grow and develop, including menstruation (for all genders to watch).</p> <p>I know how to look after my physical and mental wellbeing as part of puberty.</p> <p><i>*Taught as a discreet separate sex education lesson during Summer term</i></p>	<p>I know about transition to secondary school and how this may affect my feelings.</p> <p>I can recognise some of the changes as I grow up e.g. increasing independence.</p> <p>I know what being more independent might be like, including how it may feel.</p> <p>I know how relationships may change as I grow up or move to secondary school</p> <p>I know some practical strategies that can help to manage times of change and transition e.g. e bus route to secondary school</p> <p>Sex education content will be supported by "busy bodies" videos and support material from MEDWAY planning</p> <p>I know what happens in puberty.</p> <p>I know how boy's bodies grow and develop during puberty (all genders to watch)</p> <p>I know how girls' bodies grow and develop, including menstruation (all genders to watch)</p> <p>I know how babies are made (this is optional) *</p> <p><i>Taught as a discreet separate sex education lesson during Summer term</i></p> <p>I enjoying growing up. (exploring looking after physical and mental wellbeing)</p>