

Growing and Changing

RSE Learning Overview • Years 1–6

About Growing and Changing

As part of our PSHE and RSE curriculum, we use Coram SCARF to help children understand themselves, their bodies, their feelings and their relationships. The Growing and Changing unit is taught progressively, with learning becoming more detailed and age-appropriate as children move through school.

Our teaching is calm, respectful and age-appropriate. Children are encouraged to ask questions, use correct vocabulary, understand personal boundaries and know which trusted adults can support them. The curriculum also helps children prepare for the physical and emotional changes that may happen as they grow.

The exact order and emphasis of lessons may be adapted by the school to reflect pupils' needs, maturity and our published RSE policy.

The learning journey at a glance

Years 1–2	Years 3–4	Years 4–5	Year 6
Trust • independence • body awareness	Relationships • privacy • menstruation • body space	Puberty • feelings • resilience • body image	Puberty • self-esteem • privacy • transition

Website visual examples

The following original visual concepts can be used as illustrations or as prompts for selecting school photographs. They are intentionally non-anatomical and child-friendly.

Years 4–5

Preparing for puberty and developing confidence, resilience and healthy boundaries

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Years 4-5: Growing and Changing

- Physical and emotional changes during puberty
- Preparing for change and building resilience
- Respect, boundaries and getting help
- Developing confidence and understanding body image

Suggested website image: a puberty preparation checklist, a resilience activity, period-product awareness (where appropriate), or a 'who can help me?' support network.

Across Years 4 and 5, the focus becomes increasingly relevant to the changes children may experience as they approach adolescence. Children learn factual information about puberty alongside strategies for managing feelings, seeking support and looking after themselves.

Year 4 focus

- Understanding physical changes during puberty, including changes to body hair, periods, hormones and other body changes.
- Exploring feelings that may occur during puberty and ways to manage difficult emotions.
- Understanding different forms of adult relationships and the choices people may make.

Year 5 focus

- Understanding that change can bring strong emotions and that resilience and confidence can be developed.
- Learning how to prepare for changes by getting reliable information and talking to trusted adults.
- Understanding personal boundaries, unwanted attention or touch, and when to get help.
- Recognising the importance of self-esteem, respect and feeling comfortable with a changing body.

Key vocabulary

Puberty	Hormones	Resilience	Confidence	Boundaries	Trusted adult
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