

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 3–4

Developing understanding of relationships, privacy, body space and physical changes

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Years 3–4: Growing and Changing

- Healthy and unhealthy relationships
- Body space, privacy and assertiveness
- Menstruation and changes to the body
- Puberty, feelings and different relationships

Suggested website image: a 'personal space' activity, a feelings thermometer, a growing-up timeline, or children sorting respectful/uncomfortable scenarios.

In Years 3 and 4, children build on earlier learning and begin to explore relationships, personal boundaries and some of the physical changes associated with growing up. The learning supports children to communicate respectfully, recognise when something does not feel comfortable and know how to seek help.

Year 3 focus

- Understanding what can make a relationship positive or negative.
- Learning about menstruation and what happens in the body when an egg is not fertilised.
- Understanding personal 'body space' and how to communicate assertively if someone enters it without invitation.
- Knowing who to talk to if something makes them uncomfortable.

Year 4 focus

- Learning about physical changes that happen during puberty.
- Understanding that puberty can bring different feelings and that people may experience these changes differently.
- Learning about relationships, including why some people choose marriage, civil partnership or living together.
- Developing respectful communication, compromise and understanding of personal choices.

Key vocabulary

Relationships	Body space	Menstruation	Puberty	Respect	Assertive
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