

# Growing and Changing Innovation

## Prior Knowledge

Reception –  
Introduction into the  
human life cycle.

Year 1 – Roles of the  
internal body parts  
and looking after  
others.

Year 2 – Recognising  
feelings and  
understanding that  
some body parts are  
private.

Year 3 – Respecting  
personal space and  
introduction into  
puberty.

Year 4 – Who can help  
us when we are going  
through changes.



## My Component Knowledge:

**Lesson 1:** I can describe the intensity of different feelings.

**Lesson 2:** I can identify the people who can be trusted.

**Lesson 3:** I can explain feelings towards separation.

**Lesson 4:** I can discuss the myths associated with puberty.

**Lesson 5:** I can identify the consequences of negative and positive behaviour.

**Lesson 6:** I can describe how to look after myself in the future.

## My Composite Knowledge:

I can create a link with behaviour and feelings, thinking about how I can influence my own behaviour and that of others.

## My Powerful Knowledge:

I understand the importance that everyone is unique and should be treated with respect. I can do this by using my understanding of the human body.

## Key Vocabulary

**Tier 1:** safe, unsafe, wellbeing, changes, trust, empathy.

**Tier 2:** intensity, anxieties, puberty, external organs.

**Tier 3:** resilience, regulated, dysregulated.

## How does our body change?



## What is resilience?



## Who can we trust?