

| End Point   | Reception   | Year 1   | Year 2   | Year 3   | Year 4   | Year 5   | Year 6   |
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| <p><b>Topic: It's My Body</b></p> <p><b>Understanding of how their body will change as they change into adolescent and how to take care of their body</b></p> <p><i>Health section of the NC</i></p> <p>Related to permission seeking/consent</p> <p>Sticky Knowledge</p> | <p>To know how to brush teeth including how often and how long for.</p> <p>To know how to wash hands properly to avoid the spreading of germs.</p> <p>To know that healthy foods are important for energy.</p> <p>To know which foods are better for our bodies.</p> <p>To know that exercise is important for our bodies.</p> <p>To know that parts of the body covered with underwear are private</p> <p><b>Key Vocabulary:</b></p> <p>private, twice, teeth, germs, healthy, exercise.</p> | <p>To know that the correct names for the main parts of the body are vagina and penis</p> <p>To know that parts of the body covered with underwear are private</p> <p>To know how to take care of themselves on a daily basis e.g. hair brushing, brushing teeth and washing hands (11e)</p> <p>To know how to brush their teeth and how often.</p> <p>To know about food and drink that affect dental health (11d)</p> <p><b>Key Vocabulary:</b></p> <p>body, vagina, penis, private, doctor, nurse, dentist, toothpaste, hygiene, clean, sugar, dental health.</p> | <p>To know that the correct names for the main parts of the body are vagina and penis</p> <p>To know that parts of the body covered with underwear are private (recap from Y1)</p> <p>To know how to keep clean using a daily routine including, teeth brushing, bathing.</p> <p>To know the how to wash hands and the importance of this to avoid spreading germs (11e)</p> <p>To know the importance of visiting the dentist.</p> <p>To know about food and drink that affect dental health (11d)</p> <p><b>Key Vocabulary:</b></p> <p>body, vagina, penis, private, doctor, nurse, trust, comfortable, dentist, sugar, damage, decay, healthy, unhealthy, hygiene, clean, germ, bacteria.</p> | <p>To know that their body belongs to them and should not be hurt or touched without their permission</p> <p>To know what to do or who to tell if they feel uncomfortable</p> <p>To know how to keep their body safe and protected e.g. wearing a seatbelt, protective clothing and stabilizers</p> <p>To know how to keep clean using a daily routine including, teeth brushing, bathing, hand washing linked to spreading germs (11e)</p> <p>To know some of the products that we use to keep our bodies clean.</p> <p>To know how to keep clean and to maintain good oral hygiene including brushing and the benefits of regular visits to the dentist (11d)</p> <p>To know what may happen to teeth if oral hygiene is not maintained.</p> <p><b>Key Vocabulary:</b></p> <p>Safe, comfortable, uncomfortable, permission, trusted, protect, seatbelt, stabilizers, crossing, high visibility, products, enamel, plaque, cavity, oral</p> | <p>To know how to keep clean and to maintain good oral hygiene including brushing and flossing/mouthwash and the benefits of regular visits to the dentist – links to teeth topic (11d)</p> <p>To know what the positive actions and negative actions are that they could take when looking after teeth.</p> <p>To know about personal hygiene and germs including bacteria, viruses, how they are spread and treated and the importance of hand washing (11e)</p> <p>To know that their body belongs to them and should not be hurt or touched without their permission</p> <p>To know what to do or who to tell if they feel uncomfortable</p> <p><b>Girls only:</b> To know what menstruation is and the key facts.</p> <p><b>Key Vocabulary:</b></p> <p>Teeth, gums, tooth decay, dental disease, harmful, oral hygiene, enamel,</p> | <p>To know what puberty is and how bodies change including menstruation and menstrual wellbeing, erections and wet dreams (13a)</p> <p>To know how puberty can affect emotions and feelings (13a)</p> <p>To know how to ask for advice and support about puberty and growing and changing (13a)</p> <p>To know how personal hygiene routines change through puberty (11d)</p> <p>To know that their body belongs to them and should not be hurt or touched without their permission</p> <p>To know what to do or who to tell if they feel uncomfortable</p> <p>To know how to keep clean and to maintain good oral hygiene including brushing and flossing and the benefits of regular visits to the dentist (11d)</p> <p><b>Key Vocabulary:</b></p> <p>puberty, hormone, testosterone, oestrogen, progesterone, larynx, greasy, hair, sweat</p> | <p>To know how puberty relates to growing from childhood to adulthood –recap from Y5 (13a)</p> <p>To know about the menstrual cycle and menstrual wellbeing (13b)</p> <p>To know about the reproductive organs and process – how babies are conceived and born (can be withdrawn from as beyond statutory requirements)</p> <p>To know that their body belongs to them and should not be hurt or touched without their permission</p> <p>To know what to do or who to tell if they feel uncomfortable</p> <p>To know the legal age to conceive and that consent must be given</p> <p>To know how personal hygiene routines change through puberty (11d)</p> <p>To know how to keep clean and to maintain good oral hygiene including brushing and flossing and the benefits of regular</p> |

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|  |  |  |  | hygiene, dentist, hygiene. | cavity, hygiene, flossing, floss pick, satin tape, germ, bacteria, prevent. | glands, weight, pubic hair, oilier, testicles, penis, vagina, muscular, blood, valve, erection, wet dreams, semen, menstruate, period, month. | visits to the dentist (11d)<br><b>Key Vocabulary:</b><br>periods, menstruation, bra, hormones, larynx, sweat glands, pubic hair, erection, wet dreams, semen, testicles, penis, vagina, scrotum, sperm, semen, eggs, menstrual cycle, fallopian tubes, uterus, consent, permission, legal age, ovaries, pituitary gland, testosterone, androgen. Oestrogen, progesterone |
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