** St Thomas More Catholic Voluntary Academy**

**Personal Development and Safeguarding Curriculum Overview**

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|  | **Advent 1** | **Advent 2** | **Lent 1** | **Lent 2** | **Pentecost 1** | **Pentecost 2** |
| **Mission**  **Statement:** | **Love One Another As I Have Loved You** | | | | | |
| **Whole School**  **Themes and Events** | Mission statement, Vision and Values Assembly  Cafod Family Fast day  Foodbank – Harvest  Visit by ‘UK Parliament’ | Black History Month  Firework safety  Antibullying week  Diwali Assembly  Windrush assembly- Yr5  Earth Day | World book day  Children’s mental health week | Lenten Fundraising  Healthy lunchboxes  Science week  Fair trade fortnight  CAFOD | Queen Platinum Jubliee  Local Community  Litter picking  One World Day (Cycle 1)  Diversity Day (Cycle 2) | Well-being week  Water safety talk  Sports Day  Vocations week |
| **Restorative Approach** | Being ‘Restorative’ focuses on building positive relationships based on respect and fairness. In turn this creates a community that is supportive, accountable and respectful. We believe that every individual is responsible for their own behaviour.  See Behaviour Policy | | | | | |
| **British Values**  **D- Democracy**  **IL- Indidivual Liberty**  **MR- Mutual Respect**  **RoL- Rule of Law**  **T- Tolerance** | Democracy (Visit by ‘UK Parliament’)  Voting school council. D  House Captain voting D  Class charter D, IL  SHINE and MORE  assembly- RoL | Individual Liberty | Mutual Respect | Rule of Law | Tolerance | Revisit all British Values  Year 5 Come and See – Freedom and Responsibility |
| **Understanding of technology & Media** | See computing LT plan | Warning Zone- Year 6 | Internet safety week | Ukraine discussion |  |  |
| **Eco-team** | Weekly Travel Tracker | Weekly Travel Tracker  Eco Focus Week/Laudato Si’  Eco team trip to St Pauls | Recycling scheme  Weekly Travel Tracker | Weekly Travel Tracker  Fair Trade Bake Sale | Weekly Travel Tracker | Weekly Travel Tracker |
| **Wider opportunities** | Portuguese club  Young Voices Choir  Sports events  Rocksteady  Science club with Abi  Visiting drama / theatre / musicians | Young Voices Choir  Menphys  Briars Y6  World Youth Fun Day (NDCYS)  Sports events  Rocksteady  F2 and KS1 Play  Able Writers Day Upper KS2  Whole school Pantomime  Science club  More able writers- KS2 at Holy Cross | Cross country  Sports events  Rocksteady | Young Voices Choir  Sports events  Rocksteady  Science Week – Abi Davis (Science Capital)  Y5 – St Paul’s Beauty and the Beast Trip | Young voices Choir  Sports events  Rocksteady | Sports events  Rocksteady  Y6 Play  Transition Day (Y5s and Y6)  Vocation Day  F2 and KS1 - Trips |
| **Pupil wider safety** | Y6 Swimming | Warning Zone- Year 6  Y6 Swimming | Online safety  Sustrans Walk and wheel event 21.3.22-1.4.22 | Y5 Swimming | RSHE  Bikeability – Year 6  Road Safety |  |
| **Physical and mental health** | Wellbeing thought of the week | Wellbeing thought of the week | Wellbeing thought of the week | Wellbeing thought of the week | Wellbeing thought of the week | Wellbeing thought of the week |
| **Citizenship** | Class Librarian  Current affairs  First News Y2- KS2 | Poppy Appeal  Briars Y6  Class Librarian  Current affairs  First News Y2-KS2  World youth fun day- | Class Librarian  Current affairs  First News Y2-KS2 | Class Librarian  Current affairs  First News Y2-KS2 | Class Librarian  Current affairs  First News Y2-KS2 | Class Librarian  Current affairs  First News Y2-KS2 |
| **Economic wellbeing** | Learning behaviours |  |  | National Careers week |  | Grow a Pound |
| **Parental Engagement** | Weekly class dojo update  Class Service | Weekly class dojo update  Christmas Fair  Class Service | Weekly class dojo update  Father’s Celebration Assembly- KS1  Class Service | Weekly class dojo update  Mother's Day Service – F2  Class Service  Parents Evening | Weekly class dojo update  F2 New parents meeting  Class Service | Weekly class dojo update  Summer fair  Class Service |
| **Safeguarding** | Our school-where to go for lunch etc.  Washing hands. How to line up sensibly  Safe use of classroom resources.  Trusted adults in school  NSPCC pants | Stranger Danger  Halloween Safety  Fire safety (Bonfire night).  Flu Vaccination  Anti-bullying week.  Black History Month | Internet Safety Day | Stranger Danger | Keeping Safe outdoors | Water Safety  Sun Safety |
| **Ordo Themes** | Welcome  Creation  Encounter  Belonging  Learning  Inclusion  Rosary  Diversity | Individuality  Holiness  Giving  Youth  Kingdom  Hope  Peace  Joy | Epiphany  Discipleship  Inspire  Challenge  Care  Healing | Mercy  Forgiveness  Prayer  Fasting  Almsgiving  Sacrifice  Journey | Missionary discipleship  Faith  Vocation  Witness  Example | Pentecost  Piety  Knowledge  Understanding  Wisdom |
| **Chaplaincy Team** | Weekly collective worship  Harvest | Weekly collective worship | Weekly collective worship | Weekly collective worship | Weekly collective worship | Weekly collective worship |

**We recognise that safeguarding teaching needs may arise at different points in the year due to individual, school, local, national or worldwide events. Staff will be flexible in teaching to ensure that any additional or specific needs in teaching of safeguarding are met.**

**PSHE Curriculum Overview: Year Group 'What is not covered in TenTen’**

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|  | **Advent 1** | **Advent 2** | **Lent 1** | **Lent 2** | **Pentecost 1** | **Pentecost 2** |
| **EYFS** | Settling in & learning new routines | RSE | RSE | RSE | Working towards ELG (see below) | |
|  | Across the year:  **Self-Regulation** - Show an understanding of their own feelings and those of others and begin to regulate their behaviour accordingly. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.  **Managing Self** - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Explain the reasons for rules, know right from wrong and try to behave accordingly. Manage their own basic hygiene and personal need, including dressing, going to the toilet, and understanding the importance of healthy food choices.  **Building Relationships** – Work and play co-operatively and take turns with others. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and to others’ needs. | | | | | |
| **Year 1 and 2**  **Cycle A** | [Think Positive KS1](https://www.twinkl.co.uk/resources/pshce-twinkl-life/ks1-pshe-scheme-of-work-pshe-citizenship-and-relationships-education-twinkl-life/think-positive-year-2-pshce-twinkl-life) (Twinkle) | RSE | RSE | One World KS1  (Twinkle) | It’s my body  KS1 (Twinkle) | Aiming High KS1(Twinkle) |
| **Year 1 and 2**  **Cycle B** | Safety First KS1  (Twinkle: some) | RSE | RSE | [Diverse Britain](https://www.twinkl.co.uk/resources/pshce-twinkl-life/living-in-the-wider-world-pshe-and-citizenship-twinkl-life/britain-living-in-the-wider-world-pshe-citizenship-and-relationships-education-twinkl-life) KS1(Twinkle) | | [Money Matters KS1](https://www.twinkl.co.uk/resource/pshe-and-citizenship-ks1-money-matters-planning-overview-t-lf-2549216) (Twinkle) |
| **Year 3 and3/4**  **Cycle A**  **Year 4/5** | [Think Positive LKS2](https://www.twinkl.co.uk/resources/pshce-twinkl-life/health-and-wellbeing-pshe-and-citizenship-twinkl-life/think-positive-health-and-wellbeing-pshe-citizenship-rse-smsc-scheme-of-work-schools-mental-health-school-wellbeing-wellbeing-resource) (Twinkle)  Safety First | RSE | RSE | RSE | One World LKS2  (Twinkle) | [Aiming High LKS2](https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-aiming-high-planning-overview-t-lf-2549471)(Twinkle) |
| **Year 3 and3/4**  **Cycle B**  **Year 4/5** | RSE | RSE | RSE | [Diverse Britain LKS2](https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-diverse-britain-planning-overview-t-lf-2549350)(Twinkle) | [Money Matters LKS2](https://www.twinkl.co.uk/resource/pshe-and-citizenship-lks2-money-matters-planning-overview-t-lf-2549336)(Twinkle) |
| **Year 5 and 6**  **Cycle A** | [Think Positive UKS2](https://www.twinkl.co.uk/resources/pshce-twinkl-life/health-and-wellbeing-pshe-and-citizenship-twinkl-life/think-positive-health-and-wellbeing-pshe-citizenship-rse-smsc-scheme-of-work-schools-mental-health-school-wellbeing-wellbeing-resource) (Twinkle) | RSE | RSE | RSE | One World UKS2  (Twinkle) | [Aiming High UKS2](https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-aiming-high-planning-overview-t-lf-2549490)(Twinkle) |
| **Year 5 and 6**  **Cycle B** | RSE | RSE | RSE | [Diverse Britain UKS2](https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-diverse-britain-planning-overview-t-lf-2549398)(Twinkle) | Grow a Pound  [Money Matters UKS2](https://www.twinkl.co.uk/resource/pshe-and-citizenship-uks2-money-matters-planning-overview-t-lf-2549428)(Twinkle) |

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| Health and well-being | Living in the Wider World | Ten Ten Life to the Full RSE  (See below) | Economic Well-being  Aspirations, work and career | Economic Well-being: Money |

Life to the Full (Ten Ten)

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|  |  | EYFS | KS1 | LKS2 | UKS2 |
| Advent 2 | 1 | Module 1 – Unit 2  Introduction to module | Mod 1 Unit **Session 1:**  [I am Unique](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod1/i-am-unique/) | Mod 1 Unit 2 **Session 1:**  [We Don’t Have To Be The Same](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/we-dont-have-to-be-the-same/) | Mod 2 Unit 2 **Session 1:**  [Under Pressure](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod2/uks2-mod2-unit2/under-pressure/) |
| 2 | Mod 1 Unit 2 **Session 1**  [I Am Me](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod1/session1-i-am-me/) | Mod 1 Unit 2 **Session 2:**  [Girls and Boys](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod1/girls-and-boys/) | Mod 1 Unit 2 **Session 2:**  [Respecting Our Bodies](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/respecting-our-bodies/) | Mod 2 Unit 2  **Session 2:**  [Do You Want a Piece of Cake?](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod2/uks2-mod2-unit2/do-you-want-a-piece-of-cake/) |
| 3 | Mod 1 Unit 2 **Session 2**  [Heads, Shoulders, Knees and Toes](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod1/session2-heads-shoulders/) | Mod 1 Unit 2 **Session 3 & 4**  [Clean & Healthy](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod1/clean-and-healthy/) | Mod 1 Unit 2 **Session 3 (Yr4+)**  [What is Puberty?](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/what-is-puberty/) | Mod 2 Unit 2 **Session 3:**  [Self-Talk](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod2/self-talk/) |
| 4 | Mod 1 Unit 2 **Session 3**  [Ready Teddy?](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod1/session3-ready-teddy/) | Mod 1 Unit 2 **Session 3 & 4**  [Clean & Healthy](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod1/clean-and-healthy/) | Mod 1 Unit 2 **Session 4 (Yr4+)**  [Changing Bodies](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/changing-bodies/) | Mod 2 Unit 3 **Session 1:**  [Sharing Isn’t Always Caring](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod2/sharing-online/) |
| 5 | Mod 1 Unit 3  Introduction to module | Mod 1 Unit 3 **Session 1:**  [Feelings, Likes and Dislikes](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod1/feelings-likes-and-dislikes/) |  | Mod 2 Unit 3 **Session 2:**  [Cyberbullying](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod2/chatting-online/) |
| 6 | Mod 1 Unit 3 **Session 1**  [I Like, You Like, We All Like!](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod1/session1-i-like-you-like/) | Mod 1 Unit 3 **Session 2**:  [Feeling Inside Out](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod1/feelings-inside-out/) |  | Mod 2 Unit 3 **Session 3:**  [Types of Abuse](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod2/physical-contact/) |
| 7 | Mod 1 Unit 3 **Session 2**  [Good Feelings, Bad Feelings](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod1/session2-good-feelings-bad-feelings/) | Mod 1 Unit 3 **Session 3**:  [Super Susie Gets Angry](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod1/super-susie-gets-angry/) |  | Mod 2 Unit 3 **Session 4:**  [Impacted Lifestyles](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod2/session-4-impacted-lifestyles/) |
| 8 | Mod 1 Unit 3 **Session 3**  [Let's Get Real](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod1/session3-lets-get-real/) |  |  |  |
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| Lent 1 | 1 | Module 1 – Unit 4  Introduction to module | Mod 1 Unit 4 **Session 1:**  [The Cycle of Life](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod1/the-cycle-of-life/) | Mod 1 Unit **Session 1:**  [What Am I Feeling?](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/what-am-i-feeling/) | Mod 1 Unit 3 **Session 4**:  [Seeing Stuff Online](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/seeing-stuff-online/) |
| 2 | Mod 1 Unit 4 **Session 1**  [Growing Up](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod1/session1-growing-up/) | Mod 2 Unit 2 **Session 1:**  [Special People](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod2/special-people/)  **Session 2:** | Mod 1 Unit 3  **Session 2:**  [What Am I Looking At?](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/what-am-i-looking-at/) | Mod 1 Unit 4 **Session 1**:  [Making Babies (P1)](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/making-babies-part-1/) |
| 3 | Module 2 – Unit 2  Introduction to Module | Mod 2 Unit 2 [Treat Others Well…](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod2/treat-others-well/) | Mod 1 Unit 3  **Session 3:**  [I Am Thankful!](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/i-am-thankful/) | Mod 1 Unit 4 **Session 2**:  [Making Babies (Pt2)](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/making-babies-part-2/)  **\*Optional. See your Programme Coordinator**  Not Covered at STM |
| 4 | Mod 2 Unit 2 **Session 1**  [Who’s Who?](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod2/session1-whos-who/) | Mod 2 Unit 2 **Session 3:**  […and Say Sorry](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod2/and-say-sorry/) | Mod 1 Unit S**ession 1 (Yr4+):**  [Life Cycles](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/life-cycles/)  **Bereavement**  **Resource:**  [A Time for Everything](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/bereavement-resource-a-time-for-everything/) | Mod 1 Unit 4 **Session 3**:  [Menstruation](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/menstruation/)  **Bereavement**  **Resource:**  [A Time for Everything](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/bereavement-resource-a-time-for-everything/) |
| 5 | Mod 2 Unit 2 **Session 2**  [You’ve Got a Friend in Me](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod2/session2-youve-got-a-friend/) | Mod 2 Unit 3 S**ession 1:**  [Being Safe](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod2/being-safe/) | Mod 2 Unit 2 **Session 1:**  [Friends, Family and Others](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod2/friends-family-others/) | Mod 1 Unit 2 **Session 1**:  [Gifts and Talents](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/gifts-and-talents/) |
| 6 | Mod 2 Unit 2 **Session 3**  [Forever Friends](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod2/session3-forever-friends/) | Mod 2 Unit 3  **Session 2:**  [Good Secrets & Bad Secrets](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod2/good-secrets-and-bad-secrets/) | Mod 2 Unit 2 **Session 2**:  [When Things Feel Bad](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod2/when-things-feel-bad/) | Mod 1 Unit 2 **Session 2**:  [Girls’ Bodies](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/girls-bodies/) |

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|  | 1 | Mod 2 Unit 3  Introduction to module | Mod 2 Unit 3  **Session 3:** [Physical Contact](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod2/physical-contact/) | Mod 2 Unit 3 **Session 1:**  [Sharing Online](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod2/sharing-online/) | Mod 1 Unit 2 **Session 3**:  [Boys’ Bodies](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/boys-bodies/) |
| 2 | Mod 2 Unit 3 **Session 1**  [Safe Inside and Out](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod2/session1-safe-inside-and-out/) | Mod 2 Unit 3 **Session 4:**  [Harmful Substances](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod2/session-4-harmful-substances/) | Mod 2 Unit 3 **Session 2:**  [Chatting Online](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod2/chatting-online/) | Mod 1 Unit 2 **Session 4**:  [Spots and Sleep](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/spots-and-sleep/) |
| 3 | Mod 2 Unit 3 **Session 2**  [My Body, My Rules](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod2/session2-my-body-my-rules/) | Mod 2 Unit 3 **Session 5:**  [Can You Help Me?](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/ks1-mod2/session-5-can-you-help-me/)  (can be split into 2) | Mod 2 Unit 3 **Session 3**:  [Safe in My Body](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod2/physical-contact/) | Mod 1 Unit 3 **Session 1**:  [Body Image](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/body-image/) |
| 4 | Mod 2 Unit 3 **Session 3**  [Feeling Poorly](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod2/session3-feeling-poorly/) | Mod 3 Unit 2 **Session 1:**  The Communities  We Live In | Mod 2 Unit 3 **Session 4:**  [Drugs, Alcohol and Tobacco](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod2/session-4-drugs-alcohol-tobacco/) | Mod 1 Unit 3 **Session 2**:  [Peculiar Feelings](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/peculiar-feelings/) |
| 5 | Mod 2 Unit 3 **Session 4:**  [People Who Help Us](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/eyfs-mod2/session4-people-who-help-us/) |  | Mod 2 Unit 3 **Session 5:**  [First Aid Heroes](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod2/session-5-first-aid-heroes/) | Mod 1 Unit 3 **Session 3**:  [Emotional Changes](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/uks2-mod1/emotional-changes/) |
| 6 | Mod 3 Unit  Me, You, Us  \*NEW\* |  | Mod 3 Unit 2 **Session 1:**  How Do I Love  Others? | Mod 3 Unit 2  **Session 1** :  Reaching Out |
| Pentecost 1 | 1 | Mod 3 Unit  **Session 1**  Me, You, Us  \*NEW\* |  | Mod 1 Unit 2 **Session 3 (Yr4+)**  [What is Puberty?](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/what-is-puberty/) |  |
| 2 |  |  | Mod 1 Unit 2 **Session 4 (Yr4+)**  [Changing Bodies](https://www.tentenresources.co.uk/relationship-education-subscribers/the-programme/lks2-mod1/changing-bodies/) |  |