

## Statements to live by:

1) I try to love others as I love myself.	4) I know we are happiest when we are united.
2) I try to follow our school and classroom rules	5) I listen to what you say. I show that I am listening to you.
3) I know I belong in a community that includes my school.	6) I co-operate with others in work and play.



## A Journey in LOVE

A developmental programme for children in the primary years



### PSHE

### Growing and Changing

Puberty - Understand what puberty means. Know and understand the changes that boys and girls may go through during puberty. Understand why bodies go through puberty. Be able to develop coping strategies to help with the different stages of puberty.

End of KS2 Expectations	Safeguarding
<p><b>Changing Adolescent Body (H)</b></p> <p>Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. About menstrual wellbeing including the key facts about the menstrual cycle.</p>	<p>Protective behaviours.</p>

- COMMANDO JOES:**
- Teamwork
  - Respect



### RSE

### Physical & Intellectual

- Identify and celebrate the ways I have changed since birth. Discuss the external and internal changes which happen to boys and girls in puberty. Recognise that sexual development is a natural part of human growth and that physical changes from child to adult means the ability and potential to become a mother or father. The purpose of the menstrual cycle is to prepare

