

Growing and Changing Progression Grid - Whole School

Nursery	Reception	Year 1	Year 2	Year 3/4	Year 4/5	Year 5/6
Minimum learning is highlighted			Minimum vocabulary is in bold			
To know that we are born as babies and grow into children	To know that we were all babies and that we grow into children and then adults .	To know how to learn from their experiences , to recognise and celebrate their strengths and set simple but challenging goals .	To know about the process of growing from young to old and how people's needs change. Eg caring for elderly relatives	To know that they may experience conflicting emotions and when they might need to listen to, or overcome these.	To know key facts about puberty and the changing adolescent body, including physical and emotional changes.	To know their strengths, areas for improvement, set high aspirations and goals – link to year 6 (SATs) and then high school. Eg reading, writing, maths & a personal target.
To know the concept of growing eg through plants	To know that our older relatives look different – (aged) and can describe some physical signs of the aging process. Eg poor mobility, eyesight, hearing.	To know about change and loss and the associated feelings. Eg moving home, losing toys, pets or friends	To know about growing and changing and new opportunities and responsibilities that increasing independence may bring.	To know what may change in terms of the responsibilities they have to take in life as they move through primary school – links to school counsellors and peer mediators.	To know about comfortable and less comfortable feelings , to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others. Eg – content, relaxed. Distracted.	To know how their body will, and their emotions may, change as they approach and move through puberty. Eg skin, body hair, hormones will affect their emotions.
			To know how to learn from their experiences, to recognise and celebrate their strengths and set simple but challenging goals – link to reflecting upon last year and setting goals for KS2.		To know that they may experience conflicting emotions and when they might need to listen to, or overcome these.	To know about human reproduction (Taught through RHSE)
			To know the names for the main parts of the body (including external genitalia) and the bodily similarities and differences between boys and girls.		To know about changes that may affect them, including transitions (between key stages and schools), loss, separation, divorce and bereavement.	To know the key facts about puberty and the changing adolescent body, including physical and emotional changes.
Disciplinary knowledge						
To know that throughout their life they will be continually growing and changing – relating to their body and their mind.						