

## EYFS

Unit: Growing and Changing Lesson: Life Stages- Plants, Animals Humans

[Frog life cycle animation - YouTube](#)

<http://www.youtube.com/watch?v=w77zPAtVTuI>

<https://www.youtube.com/watch?v=G3VMI-EY2DM>

Unit: Growing and Changing Lesson: Getting Bigger

[Titch - You'll Soon Grow Into Them, Titch \(1997\) - YouTube](#)

Year 1 & 2 - no videos in this unit

## Year 3

Unit: Growing and Changing Lesson: Body Space

[Talk PANTS & Join Pantosaurus - The Underwear Rule | NSPCC](#)

Unit: Growing and Changing Lesson: None of your Business!

[Lee and Kim KS1 Curriculum eSafety material - YouTub](#)

Unit: Growing and Changing Lesson: My Changing Body

[All About Periods \(for Teens\) - Nemours KidsHealth](#)

## Year 4

Unit: Growing and Changing Lesson: Preparing for puberty

[All About Periods \(for Teens\) - Nemours KidsHealth](#)

<https://amaze.org/video/puberty-wet-dreams/>

Unit: Growing and Changing Lesson: All Change!

Resources selected are different to those in the SCARF program as we feel they are a better fit for our children. Teachers can choose from the below videos to support this lesson.

Puberty in girls

<https://www.youtube.com/watch?v=oQZ4HLosRNw>

<https://www.youtube.com/watch?v=gV21b3ZpSLg>

Boys puberty

<https://www.youtube.com/watch?v=2XF0awGRTWs>

## Year 5

Unit: Growing and Changing Lesson: Taking notice of our feelings  
Revisit [Talk PANTS & Join Pantosaurus - The Underwear Rule | NSPCC](#)

Unit: Growing and Changing Lesson: Growing up and changing bodies  
Revisit relevant parts of  
Puberty in girls <https://www.youtube.com/watch?v=oQZ4HLosRNw>  
Puberty in Boys <https://www.youtube.com/watch?v=gV21b3ZpSLg>

### Year 6

Unit: Growing and Changing Lesson: Pressure online  
[NSPCC Share Aware Lucy & The Boy - YouTube](#)

Unit: Growing and Changing Lesson: I look great!  
[Bodies: Different Shapes and Sizes. All Beautiful! - YouTube](#)

Unit: Growing and Changing Lesson: Is this normal?  
Optional <https://amaze.org/video/puberty-finding-out-who-you-are/>

Unit: Growing and Changing Lesson: Making Babies - Non statutory

Video available to view in school as an external link cannot be provided.  
Year 6 parents will be invited to an online meeting where it can be shared prior to the unit being taught, or they can make an appointment to come into school to view it.