Year 1

Growing & Caring For Ourselves

Key Stage 1

Scheme of Work

Word Box: Clean, similar, different, family, boy, girl, male, female, private parts, penis, vagina

PSHE Programme of Study Core Theme 1: Health and Wellbeing

- the importance of and how to maintain personal hygiene
- about the process of growing from young to old and how people's needs change
- the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls
- about people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people to look after them

Learning Intentions and Learning Outcomes	Lesson Title	Resources
Learning Intention To understand some basic hygiene principles **Learning Outcomes** Know how to keep clean and look after oneself	Lesson 1 Keeping Clean	Talking object Story bag containing sponge, toothbrush and soap (and a school jumper or shirt if available) Keeping Clean pictures
Learning Intention To introduce the concept of growing and changing **Learning Outcomes** Understand that babies become children and then adults Know the differences between boy and girl babies	Lesson 2 Growing and Changing	Talking object Story bag containing Pictures of newborn babies Lifecycle picture cards Lifecycle word cards Lifecycle whiteboard summary
Learning Intention To explore different types of families and who to ask for help **Learning Outcomes** Know there are different types of families Know which people we can ask for help	Lesson 3 Families and Care	Talking object Story bag - containing plaster and skipping rope Families pictures The Family Book, Todd Parr **Additional Activities** Suggested reading: Happy Families, Allan Ahlberg Who's in a Family? Robert Skutch

Year 2 Differences Key Stage 1

Scheme of Work

Word Box: Similar, different, sex, gender roles, stereotypes, boy, girl, male, female, private parts, penis, vagina

PSHE Programme of Study
Core Theme 1: Health and Wellbeing

- about the process of growing from young to old and how people's needs change

- the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls

Science Attainment Targets

- notice that animals, including humans, have offspring which grow into adults

Learning Intentions and Learning Outcomes

Lesson Title

Resources

Lesson 1 — Differences: Boys & Girls

Learning Intention
To introduce the concept of male and female and gender stereotypes
To identify differences between males and females

Learning Outcomes
Understand that some people have fixed ideas about what boys and girls can do
Describe the difference between male and female babies

2 large PE hoops
Boy/Girl/Both labels
Bag of objects and clothing to explore male and female
or Pictures of objects and clothing
Clothed Babies picture cards
Clothed Babies whiteboard summary
Pictures of newborn babies

Additional Activities
Recommended reading:
Happy Families, Allan Ahlberg,
Princess Smartypants, Babette Cole
William's Doll, Charlotte Zolotow
Amazing Grace, Mary Hoffman and Caroline Binch

Lesson 2 — Differences: Male and Female

Learning Intention
To explore some of the differences between males and females and to understand how this is part of the lifecycle

Learning Outcomes
Describe some differences between male and female animals
Understand that making a new life needs a male and a female

Talking object
Pictures of male and female animals
Cats and Kittens worksheet
Anatomically correct toy farm animals
www.toysnfun.co.uk

Lesson 3 — Naming the Body Parts

Learning Intention
To focus on sexual difference and name body parts

Learning Outcomes
Describe the physical differences between males and females
Name the male and female body parts

2 large PE Hoops
Hoop labels
Body Parts picture cards
Female x-ray picture
Body Parts worksheet

Additional Activities
Recommended reading:
Cinderella's Bum, Nicholas Allan
Shapesville, Andy Mills
It's OK to be Different, Todd Parr

Year 3

Valuing Difference and Keeping Safe

Key Stage 2

Scheme of Work

Word Box: Stereotypes, gender roles, similar, different, male, female, private parts, penis, testicles, vagina, womb, family, fostering, adoption, relationship

PSHE Programme of Study

Core Theme 1: Health and Wellbeing

- the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls
- to recognise when and how to ask for help and use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable, anxious or that they believe to be wrong

Core Theme 2: Relationships

- to be aware of different types of relationship, including those between friends and families, civil partnerships and marriage
- to judge what kind of physical contact is acceptable or unacceptable and how to respond

Learning Intentions and Learning Outcomes	Lesson Title	Resources
Learning Intention To explore the differences between males and females and to name the body parts **Learning Outcomes** Know some differences and similarities between males and females Name male and female body parts using agreed words	**Lesson 1** Differences: Male and Female	Clothed Babies picture cards Pictures of male and female bodies Male and female matching cards **Additional Activities** *Cinderella's Bum*, Nicholas Allan *Shapesville*, Andy Mills *Let's Grow with Nisha and Joe*, fpa www.fpa.org.uk/Shop
Learning Intention To consider touch and to know that a person has the right to say what they like and dislike **Learning Outcomes** Identify different types of touch that people like and do not like Understand personal space Talk about ways of dealing with unwanted touch	**Lesson 2** Personal Space	A bag of textured objects to touch, for example sandpaper, cotton wool, play dough, silky material, a pebble etc. Year 3 Problem Pages
Learning Intention To explore different types of families and who to go to for help and support **Learning Outcomes** Understand that all families are different and have different family members Identify who to go to for help and support	**Lesson 3** Family Differences	Families pictures Who can I talk to? worksheet *The Family Book*, Todd Parr **Additional Activities** *Tell Me Again About The Night I Was Born*, Jamie Lee Curtis *Who's in a Family?* Robert Skutch *Happy Families*, Allan Ahlberg *Spark Learns to Fly*, Judith Foxon *Stranger Danger*, Anne Fine

Year 4

Growing Up

Key Stage 2

Scheme of Work

Word Box: Puberty, lifecycle, reproduction, physical, breasts, sperm, egg, pubic hair, emotional, feelings

PSHE Programme of Study Core Theme 1: Health and Wellbeing

- how their body will, and emotions may, change as they approach and move through puberty
- to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them
- about human reproduction

Science Attainment Targets

- describe the changes as humans develop to old age

Learning Intentions and Learning Outcomes	Lesson Title	Resources
Learning Intention To explore the human lifecycle **Learning Outcomes** Describe the main stages of the human lifecycle Describe the body changes that happen when a child grows up	Lesson 1 Growing and Changing	Lifecycle pictures Lifecycle word cards What has changed? worksheet Lifecycle Quiz slides Lifecycle Quiz answers **Additional Activities** Babies and Children worksheet
Learning Intention To identify some basic facts about puberty **Learning Outcomes** Discuss male and female body parts using agreed words Know some of the changes which happen to the body during puberty	Lesson 2 What is Puberty?	Body Part Bingo cards Bingo Flash cards Body Changes pictures Our Bodies worksheet
Learning Intention To explore how puberty is linked to reproduction **Learning Outcomes** Know about the physical and emotional changes that happen in puberty Understand that children change into adults so that they are able to reproduce	Lesson 3 Puberty Changes and Reproduction	Story bag items (see lesson plan) Book: *Hair in Funny Places*, Babette Cole Body Changes worksheet **Additional Activities** Suggested reading: *Where Willy Went,* Nicholas Allan *Amazing You!* Gail Saltz http://www.bbc.co.uk/science/humanbody/body interactives/lifecycle/teenagers/

Year 5 Puberty

Key Stage 2

Scheme of Work

Word Box: Puberty, physical changes, emotional changes, moods, menstruation, periods, tampons, sanitary towels wet dreams, semen, erection, sweat, breasts, spots, pubic hair, facial hair, underarm hair, sexual feelings.

PSHE Programme of Study

Core Theme 1: Health and Wellbeing

- how their body will, and emotions may, change as they approach and move through puberty
- to recognise that they may experience conflicting emotions and when they might need to listen to their emotions or overcome them

Core Theme 2: Relationships

- to feel confident to raise their own concerns, to recognise and care about other people's feelings

Science Attainment Targets

- describe the changes as humans develop to old age

Learning Intentions and Learning Outcomes	Lesson Title	Resources
Learning Intention To explore the emotional and physical changes occurring in puberty **Learning Outcomes** Explain the main physical and emotional changes that happen during puberty Ask questions about puberty with confidence	Lesson 1 Talking About Puberty	Puberty Changes Teacher Guide Pictures of male and female reproductive organs Anonymous questions template **Additional Activities** Changes DVD: All About Us: Living and Growing, Alternative, Unit 2, Programme 4, http://www.channel4learning.com/ Sheets of flipchart paper for body outlines
Learning Intention To understand male and female puberty changes in more detail **Learning Outcomes** Understand how puberty affects the reproductive organs Describe how to manage physical and emotional changes	Lesson 2 Male and Female Changes	Pictures of male and female reproductive organs Puberty Changes Teacher Guide Menstrual cycle animation Male pictures Puberty Card Game Puberty Card Game answer sheet Puberty Card Game whiteboard summary Model materials: spaghetti(fallopian tubes) and poppy seeds (eggs) Selection of sanitary wear (tampons, sanitary towels, panty liners) Anonymous questions from Lesson 1 **Additional Activities** www.bbc.co.uk/science/humanbody What is the Menstrual Cycle? cards What is the Menstrual Cycle? whiteboard summary The Menstruation Card Game for Girls and Answers Menstruation Card Game whiteboard summary
Learning Intention To explore the impact of puberty on the body & the importance of hygiene To explore ways to get support during puberty **Learning Outcomes** Explain how to keep clean during puberty Explain how emotions change during puberty Know how to get support and help during puberty	Lesson 3 Puberty and Hygiene	Kim's Game items and a cloth to cover them (see lesson plan) Kim's Game Teacher Guide Year 5 Puberty Problem Page Year 5 Puberty Problem Page cut-outs Problem Page Teacher Guide Anonymous questions from Lesson 1 **Additional Activities** Puberty Bingo

Year 6

Puberty, Relationships and Reproduction

Key Stage 2

Scheme of Work

Word Box: Womb, sperm, egg, conception, fertilisation, pregnancy, sexual intercourse, twins, fostering, adoption, relationship, friendship, love, consent, intimacy,communication, personal/private information, internet safety.

PSHE Programme of Study

Core Theme 1: Health and Wellbeing

- how their body will, and emotions may, change as they approach and move through puberty
- about human reproduction
- the importance of protecting personal information, including passwords, addresses and the distribution of images of themselves and others

Core theme 2: Relationships

- to be aware of different types of relationship, including those between friends and families, civil partnerships and marriage
- to recognise what constitutes positive healthy relationships and develop the skills to form them

Learning Intentions and Learning Outcomes	Lesson Title	Resources
Learning Intention To consider puberty and reproduction **Learning Outcomes** Describe how and why the body changes during puberty in preparation for reproduction Talk about puberty and reproduction with confidence	Lesson 1 Puberty and Reproduction	Puberty Changes Teacher Guide Puberty Body Part cards Reproduction question sheet Reproduction answer cards Reproduction whiteboard summary **Additional Activities** Year 6 Puberty Problem Page Year 6 Puberty Problem Page Cut-outs Year 6 Puberty Problem Page Teacher Guide
Learning Intention Consider physical & emotional behaviour in relationships **Learning Outcomes** Discuss different types of adult relationships with confidence Know what form of touching is appropriate	Lesson 2 Understanding Relationships	Relationship pictures Squares of paper/sticky notes Anonymous Questions template **Additional Activities** How Babies are Made DVD programme: All About Us: Living and Growing Alternative, Unit 3 Programme 7. http://www.channel4learning.com/
Learning Intention To explore the process of conception and pregnancy **Learning Outcomes** Describe the decisions that have to be made before having a baby Know some basic facts about pregnancy and conception	Lesson 3 Conception and Pregnancy	How Does A Baby Start? cards How Does A Baby Start? whiteboard summary Anonymous Questions from previous lesson **Additional Activities** Conception and Pregnancy statements Conception and Pregnancy Quiz Conception and Pregnancy Quiz Answers Pictures of male and female reproductive organs Model materials: dried spaghetti (fallopian tubes) and poppy seeds (eggs)
Learning Intention To explore positive and negative ways of communicating in a relationship **Learning Outcomes** To have considered when it is appropriate to share personal/private information in a relationship To know how and where to get support if an online relationship goes wrong	Lesson 4 Communicating in Relationships	Relationship Question cards Communcation Scenario Cards Communication Scenarios answers Communication Scenarios whiteboard summary **Additional Activities** Film clip from www.thinkuknow.co.uk