

## Sex and Relationships Education – Year 1 – Growing and Caring for Ourselves

Theme	Learning Intention	Learning Outcome	Vocabulary	Subject Link:	Thoughts for Parents
Families and Care	<b>Chn to know and understand that they are growing and developing as members of their own family and God’s family.</b>	<p>1) How do we help and care for others at home? (E.g. Helping siblings, tidying etc).</p> <p>2) Reading a short extract from the story ‘The Jungle Book’ and discuss why we need a family. Who takes the place of mum and dad? Even though it is not the ‘normal’ family, he is taken care of and loved.</p> <p>3) What other families do we belong to? Family at home, family of the Church and God.</p> <p>4) Discuss both happy and sad experiences within family – role play ideas expressed.</p>	<p>-unique -friend -God -important -different -special -similar -baby/adult/ child-growing -clean -family -boy and girl -male and female -private parts -penis and vagina</p>	<p><b>PSHE</b></p> <ul style="list-style-type: none"> <li>To maintain personal hygiene.</li> <li>The process of growing from young to old and how people’s needs change.</li> <li>The names of the main parts of the body</li> <li>To identify and respect the differences and similarities between people.</li> </ul> <p>That family and friends should care for each other.</p> <p><b>Science</b> Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense.</p>	<ul style="list-style-type: none"> <li>Draw a picture of your family and talk about different relationships. E.g. Your grandmother is your mother’s mum.</li> <li>Draw a family tree so they are able to see how everyone is linked together.</li> <li>Talk about who they can trust if they are worried about something.</li> </ul>
Growing and Changing	<b>To understand that babies become children and then adults.</b>	<p>1) Talk about the things now that you can do that you couldn’t as a baby.</p> <p>2) Write on card each identified quality and give each child a card (e.g. what they want to be when they’re older and what they would need to do to reach that goal or</p>		<p><b>RE</b> Belonging Special people Change</p>	<ul style="list-style-type: none"> <li>Talk about the differences in appearance between baby and adult animals. Recognise the body parts of animals and their purpose. E.g. fins</li> </ul>

		<p>what talent or quality they want to build on).</p> <p>3) Children to bring in photograph of them as a baby.</p>			<p>for swimming and wings to fly.</p> <ul style="list-style-type: none"> <li>• Share family photographs and discuss the changes that they have gone through as they have grown.</li> </ul>
Keeping Clean	<p><b>To understand some basic hygiene principles such as how to keep clean.</b></p>	<p>1) Label the parts of the body (relevant to their gender) as label how we keep these parts free from germs and clean.</p> <p><b>Mouth</b> – brush our teeth with toothpaste for 2 minutes every morning and every night.</p> <p><b>Hair</b> – wash when needed with shampoo and brush everyday</p> <p><b>Nose</b> – blow nose with tissue when needed</p> <p><b>Body</b> – wash in bath or shower with soap when needed and dry properly with a towel</p> <p><b>Hands</b> – washing hands before eating, after a messy activity and after going to the toilet</p>			<ul style="list-style-type: none"> <li>• Speak to your child about the importance of germs/hygiene.</li> <li>• Make sure that your child is able to independently keep themselves clean by: <ul style="list-style-type: none"> <li>-Washing their hands with soap</li> <li>-Wiping their bottom</li> <li>-Brushing their teeth</li> </ul> </li> <li>• Can your child dress themselves?</li> </ul>