

Relationships and Sex Education – YEAR 1

Scheme of Work – Growing and Caring for Ourselves

Theme	Learning Intention	Learning Outcomes	Vocabulary	Subject linked to	Thoughts for parents
Families and care.	To explore different types of families and who to ask for help.	<p>Know there are different types of families.</p> <p>Know which people we can ask for help.</p>		<p>PSHE</p> <ul style="list-style-type: none"> • To maintain personal hygiene. • The process of growing from young to old and how people’s needs change. • The names of the main parts of the body • To identify and respect the differences and similarities between people. • That family and friends should care for each other. 	<ul style="list-style-type: none"> • Draw a picture of your family and talk about different relationships. E.g. Your grandmother is your mother’s mum. • Draw a family tree so they are able to see how everyone is linked together. • Talk about who they can trust if they are worried about something.
Growing and changing.	To introduce the concept of growing and changing.	<p>Understand that babies become children and then adults.</p> <p>Know the differences between boy and girl babies.</p>		<p>Science</p> <ul style="list-style-type: none"> • Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense. 	<ul style="list-style-type: none"> • Talk about the differences in appearance between baby and adult animals. Recognise the body parts of animals and their purpose. E.g. fins for swimming and wings to fly. • Share family photographs and discuss the changes that they have gone through as they have grown.
Keeping clean.	To understand some basic hygiene principles.	Know how to keep clean and look after oneself.	<p>Clean</p> <p>Similar</p> <p>Different</p> <p>Family</p> <p>Boy</p> <p>Girl</p> <p>Male</p> <p>Female</p> <p>Private parts</p> <p>Penis</p> <p>Vagina</p>	<p>RE</p> <p>Belonging</p> <p>Special people</p> <p>Change</p>	<ul style="list-style-type: none"> • Speak to your child about the importance of germs/hygiene. • Make sure that your child is able to independently keep themselves clean by: <ul style="list-style-type: none"> ○ Washing their hands with soap ○ Wiping their bottom ○ Brushing their teeth • Can your child dress themselves?