

Growing & Caring For Ourselves

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

Scheme of Work

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

Learning Intention

To understand some basic hygiene principles

Learning Outcomes

Know how to keep clean and look after oneself

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

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 Title

Lesson 1

[Keeping Clean](#)

Resources

Talking object

Story bag containing sponge, toothbrush and soap (and a school jumper or shirt if available)

[Keeping Clean pictures](#)

Lesson 2

[Growing and Changing](#)

Talking object

Story bag containing [Pictures of newborn babies](#)

[Lifecycle picture cards](#)

[Lifecycle word cards](#)

[Lifecycle whiteboard summary](#)

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