

## Growing & Caring For Ourselves

(Key Stage 1)

### Scheme of Work

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

<p><b>PSHE</b> <b>Programme of Study</b> <b>Core Theme 1:</b> <b>Health and Wellbeing</b></p> <ul style="list-style-type: none"> <li>the importance of and how to maintain personal hygiene</li> <li>about the process of growing from young to old and how people's needs change</li> <li>the names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls</li> <li>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</li> </ul>	<p><b>Learning Intentions and Learning Outcomes</b></p> <p><b>Learning Intention</b> To understand some basic hygiene principles</p> <p><b>Learning Outcomes</b> Know how to keep clean and look after oneself</p>	<p><b>Lesson Title</b></p> <p>Lesson 1 <u>Keeping Clean</u></p>	<p><b>Resources</b></p> <p>Talking object Story bag containing sponge, toothbrush and soap (and a school jumper or shirt if available) <u>Keeping Clean pictures</u></p>
<p><b>Learning Intentions and Learning Outcomes</b></p> <p><b>Learning Intention</b> To introduce the concept of growing and changing</p> <p><b>Learning Outcomes</b> Understand that babies become children and then adults Know the differences between boy and girl babies</p>	<p><b>Lesson Title</b></p> <p>Lesson 2 <u>Growing and Changing</u></p>	<p><b>Talking object</b> Story bag containing <u>Pictures of newborn babies</u> <u>Lifecycle picture cards</u> <u>Lifecycle word cards</u> <u>Lifecycle whiteboard summary</u></p>	<p><b>Lesson 3</b> <u>Families and Care</u></p>
<p><b>Learning Intentions and Learning Outcomes</b></p> <p><b>Learning Intention</b> To explore different types of families and who to ask for help</p> <p><b>Learning Outcomes</b> Know there are different types of families Know which people we can ask for help</p>	<p><b>Talking object</b> Story bag - containing plaster and skipping rope <u>Families pictures</u> The Family Book, Todd Parr <b>Additional Activities</b> Suggested reading: Happy Families, Allan Ahlberg Who's in a Family? Robert Skutch</p>		