

Reception

Our Lives EYFS

Scheme of Work

Word Box: Dress, undress, clean, smelly, flannel, sponge, towel, hands, toothpaste, toothbrush, hairbrush, comb, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad.

Early Learning Goals Prime Areas	Learning Intentions and Learning Outcomes	Title	Resources
Physical Development Health and self-care	<p>Learning Intention To consider the routines and patterns of a typical day</p> <p>Learning Outcomes Understand some areas in which the children can look after themselves e.g. dressing and undressing</p>	Lesson 1 Our Day	Glove puppet Our Day pictures
Physical Development Health and self-care	<p>Learning Intention To understand why hygiene is important</p> <p>Learning Outcomes Explain why it is important to keep clean Understand some basic hygiene routines</p>	Lesson 2 Keeping Ourselves Clean	<p>Glove puppet Items related to hygiene, e.g. flannel, sponge, towel, toothbrush, toothpaste, shampoo, soap, comb, brush Keeping Clean pictures <i>The Smelly Book</i>, Babette Cole</p> <p>Additional Activities Anatomically correct dolls Suggested reading: <i>The Boy Who Hated Toothbrushes</i>, Zehra Hicks</p>
Personal, Social and Emotional Development Making Relationships	<p>Learning Intention To recognise that all families are different</p> <p>Learning Outcomes Identify different members of the family Understand how members of a family can help each other</p>	Lesson 3 Families	<p>The Family Book, Todd Parr Families pictures Paper for drawing pictures</p> <p>Additional Activities Suggested reading: <i>All Kinds of Families!</i> Mary Ann Hoberman <i>I'll take you to Mrs Cole</i>, Nigel Gray</p>

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**

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](#)

Lesson 2
[Growing and Changing](#)

Lesson 3
[Families and Care](#)

Resources

Talking object
Story bag containing sponge, toothbrush and soap (and a school jumper or shirt if available)
[Keeping Clean pictures](#)

Talking object
Story bag containing [Pictures of newborn babies](#)
[Lifecycle picture cards](#)
[Lifecycle word cards](#)
[Lifecycle whiteboard summary](#)

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

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

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

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

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

Lesson Title

Lesson 1
[Differences: Boys & Girls](#)

Lesson 2
[Differences: Male and Female](#)

Lesson 3
[Naming the Body Parts](#)

Resources

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

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

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

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

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

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

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 Title

Lesson 1

[Differences: Male and Female](#)

Lesson 2

[Personal Space](#)

Lesson 3

[Family Differences](#)

Resources

[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

A bag of textured objects to touch, for example sandpaper, cotton wool, play dough, silky material, a pebble etc.

[Year 3 Problem Pages](#)

[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

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
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

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

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 Title
 Lesson 1
[Growing and Changing](#)

Lesson 2
[What is Puberty?](#)

Lesson 3
[Puberty Changes and Reproduction](#)

Resources
[Lifecycle pictures](#)
[Lifecycle word cards](#)
[What has changed? worksheet](#)
[Lifecycle Quiz slides](#)
[Lifecycle Quiz answers](#)
Additional Activities
[Babies and Children worksheet](#)

[Body Part Bingo cards](#)
[Bingo Flash cards](#)
[Body Changes pictures](#)
[Our Bodies worksheet](#)

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

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

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

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 Title

Lesson 1
[Talking About Puberty](#)

Lesson 2
[Male and Female Changes](#)

Lesson 3
[Puberty and Hygiene](#)

Resources

[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.channe4learning.com/>
 Sheets of flipchart paper for body outlines

[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](#)

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](#)

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.

<p>PSHE Programme of Study Core Theme 1: Health and Wellbeing</p> <ul style="list-style-type: none"> • 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 	<p>Learning Intentions and Learning Outcomes 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</p>	<p>Lesson Title Lesson 1 <u>Puberty and Reproduction</u></p>	<p>Resources <u>Puberty Changes Teacher Guide</u> <u>Puberty Body Part cards</u> <u>Reproduction question sheet</u> <u>Reproduction answer cards</u> <u>Reproduction whiteboard summary</u> Additional Activities <u>Year 6 Puberty Problem Page</u> <u>Year 6 Puberty Problem Page Cut-outs</u> <u>Year 6 Puberty Problem Page Teacher Guide</u></p>
<p>Core theme 2: Relationships</p> <ul style="list-style-type: none"> • 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 	<p>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</p>	<p>Lesson 2 <u>Understanding Relationships</u></p>	<p><u>Relationship pictures</u> Squares of paper/sticky notes <u>Anonymous Questions template</u> Additional Activities How Babies are Made DVD programme: All About Us: Living and Growing Alternative, Unit 3 Programme 7. <u>http://www.channel4learning.com/</u></p>
	<p>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</p>	<p>Lesson 3 <u>Conception and Pregnancy</u></p>	<p><u>How Does A Baby Start? cards</u> <u>How Does A Baby Start? whiteboard summary</u> Anonymous Questions from previous lesson Additional Activities <u>Conception and Pregnancy statements</u> <u>Conception and Pregnancy Quiz</u> <u>Conception and Pregnancy Quiz Answers</u> <u>Pictures of male and female reproductive organs</u> Model materials: dried spaghetti (fallopian tubes) and poppy seeds (eggs)</p>
	<p>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</p>	<p>Lesson 4 <u>Communicating in Relationships</u></p>	<p><u>Relationship Question cards</u> <u>Communication Scenario Cards</u> <u>Communication Scenarios answers</u> <u>Communication Scenarios whiteboard summary</u> Additional Activities Film clip from <u>www.thinkuknow.co.uk</u></p>