

Lesson No.	Lesson Title	Learning Outcomes	Content	Key Vocabulary
1	Inside my wonderful body!	<ul style="list-style-type: none"> <li>Name major internal body parts (heart, lungs, blood, stomach, intestines, brain).</li> <li>Understand and explain the simple bodily processes associated with them.</li> </ul>	<p>Discuss what is meant by internal body parts. Show a drawing of inside the body. What are the names of the parts shown? Focus on naming ribs, heart, lungs, blood, stomach, brains and intestines. Discuss what each of these parts do.</p> <p>Activity- draw and label internal body parts (e.g. Heart).</p>	Organ Lungs Intestines Brain Stomach Oxygen Digest
2	Taking care of a baby	<ul style="list-style-type: none"> <li>Understand some of the tasks required to look after a baby.</li> <li>Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, and feeding.</li> </ul>	<p>Discuss what babies can do, who looks after them, what are their needs? Discuss how a baby needs to be looked after and look at items needed to do this. Discuss that some things are not objects/ items but help their emotional needs.</p> <p>Activity- Sort things which babies do and do not need. Discuss reasons why babies do or do not need these things.</p>	Caring Love Attention
3	Then and now	<ul style="list-style-type: none"> <li>Identify things they could do as a baby, a toddler and can do now.</li> <li>Identify the people who help/helped them at those different stages.</li> </ul>	<p>Discuss how people grow and change since they were a baby. What can children do now which they couldn't do? Why couldn't they do that when they were a baby? What did they need to do to be able to do it now? What are they still learning?</p> <p>Watch a clip of 'Harold performing things he can do' Can the children do these things? Explain that everyone learns at different rates and everyone has different things they are good at and things they find more difficult</p> <p>Activity- Sort things they could do then and now and what help they had to achieve these things.</p>	Change Growing
4	Who can help? (2)	<ul style="list-style-type: none"> <li>Explain the difference between teasing and bullying.</li> <li>Give examples of what they can do if they experience or witness bullying.</li> <li>Say who they could get help from in a bullying situation.</li> </ul>	<p>Define unkindness, teasing and bullying. Discuss what the differences are between these. Give examples of some things which could happen and discuss if it is unkindness, teasing or bullying.</p> <p>What is bullying, how does it feel?</p> <p>What can someone do if they are being bullied? Who could they talk to?</p> <p>Activity- Draw a picture of what to do if someone was being bullied.</p>	Unkind / unkindness Tease/ teasing Bully/ bullying Witness Experience Getting help

5	Surprises and secrets	<ul style="list-style-type: none"> <li>• Explain the difference between a secret and a nice surprise.</li> <li>• Identify situations as being secrets or surprises.</li> <li>• Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep.</li> </ul>	<p>Discuss what it feels like to have a surprise. Is it always the same feeling? Examples of different surprises, are they good surprises or not? Discuss that some secrets are for good surprise but some secrets can be bad. Discuss how feelings can help tell if it is a good secret or not.</p> <p>Read Harold's story, discuss whether Harold should keep the secret or not.</p> <p>Activity- Sort examples into 2 piles, 'surprise' and 'secret'. Share answers and discuss.</p>	<p>Surprise</p> <p>Secret</p> <p>Uncomfortable</p>
6	Keeping privates private	<ul style="list-style-type: none"> <li>• Identify parts of the body that are private.</li> <li>• Describe ways in which private parts can be kept private.</li> <li>• Identify people they can talk to about their private parts.</li> </ul>	<p>How do people change from being a baby to starting school? Discuss what 5 year olds can do which a baby cannot. Look at pictures of the process of learning to use the toilet. Who helps a person learn to use the toilet? Who helps a child to wipe before they can do it themselves?</p> <p>Activity, order drawings related to learning to be toilet trained.</p> <p>Discuss names used for private parts which are wiped when someone goes to the toilet and teach the scientific names.</p> <p>Explain, these parts should be private. What does private mean? When might we need to talk to someone about our privates, why? E.g. doctor</p> <p>Show NSPCC Pantosaurus clip. <a href="http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/">http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/</a></p> <p>Who can someone talk to if they are worried?</p>	<p>Privates</p> <p>Private</p> <p>Penis</p> <p>Vulva</p> <p>Hygiene</p>