

Knowledge - what I already know

To know some ways to stay clean
 To know how we can be different
 To know some ways to stay healthy
 To know what a family is

Knowledge - what I will know by the end of this unit

To understand basic hygiene
 To know how we grow and change
 To know there are different types of families
 To know how to look after your teeth
 To know how to stay healthy
 To be able to set a personal goal

Useful vocabulary

Washing - An action to clean
Brushing - An action to clean, normally with a brush
Clean - the opposite of dirty or unclean. Free from germs.
Penis - male reproductive organ (private parts)
Vagina - female reproductive organ (private parts)
Same - Where something is identical or similar
Different - Where something is not similar to something else
Gender - either a boy or a girl
Bacteria - a type of germ that could make you poorly
Decay - Where something rots away
Healthy - When you look after your body with the right food and routine.
Goal - Something to work towards to make you better
Achieve - To reach your goal successfully

Activities

- Show different object that we use to keep us clean, discuss how we use them to keep clean.
- Discuss how we can tell a boy and girl baby apart.
- PANTS activity - no one is allowed to touch or change your private parts inappropriately.
- Think of different family members, who do we have in our families? If I needed help I would go to...
- Local dentist to visit school, discuss how we look after our teeth, bring in objects that we use to keep our teeth clean.
- Make a journal over a week about the food you eat, discuss which foods are healthy and which are not. Make a bar chart about the different ways children keep themselves healthy.
- Think of a goal to to achieve a healthier lifestyle. Work in pairs to write 2 steps to achieving your goal.

Skills

- Take part in discussions with one other person and the whole class, and take part in a simple debate about topical issues
- Agree to follow rules for group and classroom and understand how rules help them.
- Recognise the choices they make and recognise the difference between right and wrong.
- Recognise the effect of their behaviour on other people and cooperate with others.
- Children can explain ways of keeping clean and they can name the main parts of the body. They can explain that people grow from young to old.

