

Knowledge - what I already know

I know some differences between boys and girls

I know some things I like and dislike

I know some ways to stay healthy

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

To know differences between boys and girls

To consider touch and know that a person has a right to say what they like or don't like.

To explore different types of families

To understand what makes people happy

To know how to keep healthy

To know how to overcome barriers

Activities

- Look at pictures of babies. How do we know the difference? Can we always tell the sex of the baby? What are privates? Why do we call them privates?
- What are different types of touch? What a good and bad touches?
- Discuss different types of families. What are some important things about family?
- Make a collage of different ways that people relax. Link to keeping healthy.
- Pretend you're an advertiser on the TV and you are trying to persuade someone to buy something unhealthy. How could your audience resist pressure to buy the sweets?
- Make a list of excuses about why we don't do healthy things. Sort the barriers that you can and can't change.

Useful vocabulary

Penis - male reproductive organs

Vagina - female reproductive organ

Different - something that is not alike to something else

Similar - Something that is the alike to something else

Comfortable - Something that feels pleasant or cosy

Uncomfortable - something that makes us feel uneasy and awkward

Fostering - to bring up and look after a child that isn't your own

Adoption - legally make a child, that you're looking after, your own

Stereotypes - an idea about what a group of people are like

Relaxation - a state of not feeling anxious and free of tension

Leisure - time when we're not occupies or working, free time

Hobbies - Something we enjoy doing regularly

Pressure - use of persuasion/ intimidation to make someone do something

Persuasion - to encourage someone to do something

Obstacles - things that can be in the way of our goals

Skills

- Take part in discussions with one other person and the whole class, and take part in a simple debate about topical issues
- Express some of their positive qualities and identify, name and demonstrate that they can manage some feelings
- Identify and respect differences and similarities between people
- Recognise choices they can make and recognise the difference between right and wrong.
- Recognise the effect of their behaviour on other people, and cooperate with others
- Identify and respect the differences and similarities between people and explain different ways that family and friends should care for one another
- Can make choices about how to develop a healthy lifestyle
- Can identify the differences between boys and girls
- Can identify that families can be different but also name the important things that families need to do for one another