

### 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