



Link to school Value  
Hope, Trust and Reverence

Golden Promise link/ Key concept Link  
To take care of the world around us

## Key Vocab & Definition

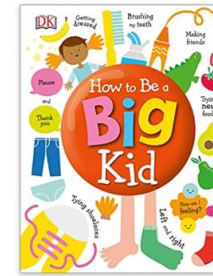
**Hygiene** – maintaining health and preventing disease, especially through cleanliness

**Independent** – being able to take care of your own needs and make your own decisions while considering the people around you and your environment

**Medicine** – is the science of finding the diagnosis, treatment and prevention of disease

**Drugs** – a medicine or other substance which has an effect when introduced to the body

Key Text:



## Key Questions:

- What parts of our bodies can we see?
- What are the names of all the different parts of our bodies?
- How are people's bodies similar? How are people's bodies different?
- How do we know we are growing?
- What do we think made us grow?
- Who helped us grow?
- What can we do to help keep our bodies healthy and well?
- What do we keep clean at home/at school?
- How can germs be passed from one person to another?
- What can we do to help stop germs and diseases spreading?



Time:  
5 hours 15 minutes

## Core Knowledge:

- **H6 – to learn the importance of, and how to, maintain personal hygiene**
- **H7 – to learn some diseases are spread and can be controlled; the responsibilities they have for their own health and that of others; to develop simple skills to help prevent disease spreading**
- **H8 – to learn about the process of growing from young to old and how people’s needs change**
- **H9 – to learn about growing and changing and new opportunities and responsibilities that increasing independence may bring**
- **H10 - to learn the names for the main parts of the body (including external genitalia) and the bodily similarities and differences between boys and girls**
- **H11 – to learn that household products, including medicines, can be harmful if not used properly**
- **H12 – to learn rules for and ways of keeping physically and emotionally safe including responsible ICT use and online safety, road safety, cycle safety and safety in the environment, rail, water and fire safety**
- **H13 – to learn about people who look after them, their family networks, who to go to if they are worried and how to attract their attention**
- **H14 – to learn about the ways that pupils can help the people who look after them to more easily protect them**

### Lesson 1:

Can I identify how infections (such as coughs and colds) can be spread? Can I describe simple steps that I can take to prevent germs being passed on (eg: hand washing, use of tissues, covering their mouth when they cough)?

### Lesson 2:

Can I describe some basic personal hygiene routines? Can I recognise why this is important?

### Lesson 3:

Can I describe changes that have happened to me since I was a baby? Can I describe some things they I do now that I could not do before? Can I explain how my needs have changed since I was a baby?

### Lesson 4:

Can I identify and compare physical differences between boys and girls? Can I recognise and use the correct names for main parts of the body including external genitalia?

### Lesson 5:

Can I identify what goes on to and into people’s bodies and how this can make people feel? Can I recognise that household products (including medicines) can be harmful if not used correctly? Can I describe ways of keeping safe around household products (including medicines) Can I identify people we can trust to tell us to put things onto and into our bodies?

### Lesson 6:

Can I demonstrate an understanding that I have a right to ‘be safe on the outside’ and ‘feel safe on the inside’? Can I explain what they I say or do if I feel unsafe or think something is not safe?

### Lesson 7:

Can I identify the people who look after me in school and outside of school? Can I explain what I can do if I feel nervous about something being safe or unsafe (including saying ‘no’, ‘I’ll ask’, ‘I’ll tell’) ? Can I identify whom I can go to if they are worried about something?

### Link to curriculum intent statement:

**Strand 2 a i and b i, ii, iii, iv**  
**Strand 4 a iii**