

Growing & Caring For Ourselves Key Stage 1

Scheme of Work

Word Box: Clean, similar, different, family, boy, girl, male, female, private parts, penis, vagina

Programmes of Study

PSHE Framework
3b to maintain
personal hygiene

3d about the process of
growing from young to
old and how people's
needs change

3e the names of the
main parts of the body

4c to identify and
respect the
differences and
similarities between
people

4d that family and
friends should care for
each other

Science Attainment
Targets
identify, name, draw
and label the basic
parts of the human
body and say which
part of the body is
associated with each
sense

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