

Year 1 (Summer 2) Respectful Relationships and Sex Education

Prior Learning: In Year R children will have learnt about Looking after ourselves, basic hygiene routines and why it is important to keep clean. They will have also recognised all families are different. PANTS- Stand up, speak out NSPCC workshops will have been provided.

We will learn and understand how important it is to develop healthy relationships in a variety of contexts and to know when to seek help. We will learn how to stay safe and to be able to make age appropriate informed decisions. We will learn how it feels to enjoy positive relationships of all different kinds.

This includes learning about understanding different ways we can look after ourselves. We will learn to understand basic hygiene routines and why it is important for us to keep clean. We will be able to explore and recognize that all families are different. PANTS- Stand up, speak out NSPCC workshops.

1. TWAL: The importance of basic hygiene

We will be learning to understand the importance of basic hygiene eg, why it is important to wash our hands after using the toilet, wiping ourselves correctly after using the toilet, making sure we have a good hygiene routine when we are at home as well as at school



– Assessment opportunity before and after lesson

- A routine is something we do regularly

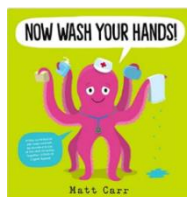
Recommended Resources/planning to follow

<https://pshe-association.org.uk/resource/relationships-sex-education-k1-2>

Recommended reading

Supertato: Bubbly Troubbly by Sue Hendra

Now wash your hands by Matt Carr



2. TWAL: To understand how we grow and change

We will be introduced to the idea of growing and changing – that babies grow to become children the adults – life cycle



To grow is a natural way that our bodies develop by changing in size and shape

- A life cycle is different stages of life for living things

Recommended Resources/planning

<https://pshe-association.org.uk/resource/relationships-sex-education-k1-2>

Recommended Reading

How we are born, how we grow

and how our body works by Joe Kauffman



3. TWAL: To recognise the differences between a girl baby and a boy baby

We will learn the scientific names for the main parts of the body (including external genitalia) and the similarities and differences between boys and girls

We will use toy baby dolls to support the children and their understanding of differences between girls and boys body parts

Recommended Resources

<https://pshe-association.org.uk/resource/relationships-sex-education-k1-2>



- A Vagina is the small opening between the legs — a small tube from the outside to the inside of the body
- A Penis is the spongy tissue that dangles between the legs. Boys urinate 'wee' through a tube in their penis

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4. TWAL: To explore different types of families and who to ask for help

We will explore different family groups and who we can ask for help – who is in our circle of trust.
We will also think about why we need to be careful when trusting others.

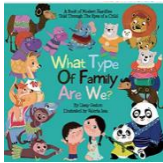
Recommended Resources

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Recommended Reading

What kind of family are we? By Lizzie Easton

Orphelia and Simon search for a family by Marissa Capello



Words we will know!

Routine



Penis



Vagina



Family

