

Foundation

Relationships

and our bodies

Different stages of life



baby



child



adult

Changes e.g starting school,
having a baby brother or sister,
transition to Year 1



Parts of the body

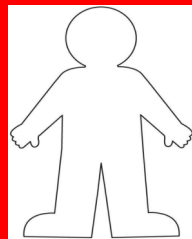
Including:

Head

Eyes

Ears

Mouth



Transition to Year 1



Respecting our bodies



E.g under-
wear rule,
consent

Useful websites/books to help you talk to your child:

Boys and Girls by Lynwen Jones—a book about the differences between boys and girls

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule

Foundation

Relationships and our bodies

Lesson 1 — sharing:

- What sharing is.
- Why sharing is a good thing.
- How sharing can help others.

Lesson 2 — changes from babies to adults:

- How humans change from babies, to toddlers, children, teenagers and adults—focused on physical abilities.
- What changes have happened in their life e.g. starting school.

Lesson 3— respecting our bodies:

- Labelling the main parts of the body.
- Watch the NSPCC PANTS song to learn which body parts are private.

Lesson 4— body parts:

- Labelling the parts of the body—using heads, shoulders, knees and toes.

Lessons 5 & 6—transition to Year 1:

- Looking ahead to Year 1, including chance to ask questions.
- Completing One Page Profile for new teacher.
- Looking back on their memories of Foundation Stage.

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