

# Year 1

## Relationships and our bodies

Different types of families



Changes e.g starting school,  
moving house, transition to Year 2



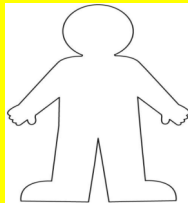
Parts of the body—  
differences between boys and girls

Including:

penis

testicles

vagina



Stages of growth:

baby, toddler, child, grown up



Appropriate touch

E.g greeting people, consent, underwear rule, consent



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

The Family Book by Todd Parr - a book looking at different types of families

Your Mummy Ate a Football by Lynwen Jones—a book about how babies are made

[www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule)

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## In each lesson, pupils will learn:

### Lesson 1—life cycles:

- How humans change from babies, to toddlers, children, teenagers and adults.
- Life cycles of animals

### Lesson 2 - personal changes:

- What they can now do which they could not do as a baby.

### Lesson 3—personal changes:

- How they have physically changed since they were a baby.

### Lesson 4—Body parts:

- Parts of the body males and females have in common and which are unique.
- Which parts of the body are private.

### Lesson 5 and 6 —change:

- Reflection on what they have learnt in Year 1.
- Looking ahead to Year 2—including chance to share worries.

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