

Health and Wellbeing - Growing Up

PSHE & Citizenship | KS1 | Planning Overview

About the Topic

This topic is an introduction to how we grow and change, both physically and emotionally. Children will learn about their own and others' bodies, gender stereotypes and different types of families. They will also learn about respecting their own and others' bodies, keeping their bodies safe and sharing their feelings in response to life experiences.



Home Learning

What Makes Me, Me?: Children have a poem to read about what makes someone the person they are. They then illustrate the poem with images of the things they like and things that are personal to them.

Brilliant Bodies: Children create a fact file about a body part of their choice, including pictures and information.



Wider Learning:

Aspects of the science curriculum and related resources will support some of the learning in this unit. The school might also think about supporting the learning about respecting our own and others' bodies with a workshop by the NSPCC, who teach children 'The Underwear Rule'.

Assessment Statements

All children should be able to...

- use the scientific names introduced to name male and female body parts.
- identify some differences between males and females.
- identify the body parts that we keep private.
- understand the words 'no' and 'stop'.
- understand that people's bodies and feelings can be hurt.

- talk about their own likes and dislikes.
- understand that different people like different things.
- understand that girls and boys can like different things, or the same things.
- describe how they have changed since they were a baby.
- understand that peoples' needs change as they grow older.
- talk about things they would like to do when they are older.
- discuss some changes that people might go through in life.
- talk about their family and ask others questions about their family.

Most children will be able to...

- consider the best thing to do in a given scenario.
- explain what 'unique' means and consider what makes them unique.
- show respect for others' likes and dislikes.
- show an understanding of the need to get to know a person before making assumptions about them.
- describe physical changes humans go through as they grow up.
- show an understanding of how our responsibilities change as we grow.
- discuss how certain changes in people's lives can make them feel.

Some children will be able to...

- suggest why some male and female body parts are different.
- explain the word 'consent'.
- explain what a 'stereotype' is.
- explain what the word 'independent' means.
- consider skills they will need to acquire and goals they will need to achieve in order to fulfil certain roles.
- suggest some things that might help people cope with difficult changes and the feelings that accompany those changes.
- describe some similarities and differences between families.
- identify different family members and different family structures.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).