

Growing & Caring For Ourselves

Key Stage 1

Scheme of Work

Word Box: Friends, feelings, similar, different, family, boy, girl, male, female, private parts, penis, vulva

Statutory Guidance

Relationships Education

Respectful relationships
(3a,3e)

Healthy Education

Mental wellbeing
(6b,6c)

Learning Intentions and Learning Outcomes

Learning Intention

To understand that we are all different but can still be friends

Learning Outcomes

Know that we can be friends with people who are different to us

Lesson Title

Lesson 1

[Different Friends](#)

Resources

Talking object

Story bag containing an elephant puppet (or the elephant picture) and a school jumper or shirt if the school has one.

Paper and coloured pencils

Key Stage 1 Science

- Identify, name, draw and label the basic parts of the human body

Learning Intention

To discuss how children grow and change

Learning Outcomes

Understand that babies need care and support

Know that older children can do more by themselves

Lesson 2

[Growing and Changing](#)

Talking object

Story bag containing [Pictures of newborn babies](#)

[Lifecycle picture cards](#)

[Lifecycle word cards](#)

[Lifecycle whiteboard summary](#)

Relationships Education

Families and people who care for me (1a,1b,1c,1d,1f)

Caring friendships (2e)

Respectful relationships (3a,3e)

Being Safe (5d,5e)

Health Education

Mental wellbeing (6b,6c)

Learning Intention

To explore different types of families and who to ask for help

To identify who can help when families make us feel unhappy or unsafe

Learning Outcomes

Know there are different types of families

Know which people we can ask for help

Lesson 3

[Families and Care](#)

Talking object

Story bag - containing a ball and a school jumper

[Families pictures](#)

The Family Book, Todd Parr