



*In the Light of Jesus
we Learn to Shine*

**Relationships, Sex and Health Education – Year 1
Growing and Caring for Ourselves**

Theme	Learning Intention	Learning Outcome	Vocabulary	Subject Links	Thoughts for parents
Keeping Clean	To understand some basic hygiene principles.	Know how to keep clean and look after oneself.	clean, similar, different, boy, girl, male, female, private parts, penis, vagina	PSHE: Keeping healthy; hygiene routines	Encourage increasing independence. Talk to the children about cleaning routines, for example, washing their face and hands, brushing their teeth.
Growing and Changing	To introduce the concept of growing and changing.	Understand that babies become children and then adults. Know the differences between boys and girls.	clean, similar, different, boy, girl, male, female, private parts, penis, vagina	Science: Animals including humans	Be confident using the correct terminology when discussing body parts with the children and not substitute them as these can often trivialise or demean what you are discussing.
Families and Care	To explore different types of families and who to ask for help.	Know there are different types of families Know which people we can ask for help	family	PSHE: Families; feeling cared for NORES Journey in Love: To recognise the signs that I am loved in my family. To recognise that I am cared for and kept safe in my family.	Talk to your child about your family. Explain each person's special role within your family. Talk to your child about other families they know and how each family is unique and special. Read stories to your child that involve families.