

Changes

Amazing me

Year 1 Lesson 1

To recognise and understand how we have changed from a baby

Pupils to: Identify and recognise their skills and abilities

Understand the difference between boys' and girls' bodies, naming the external body parts

Recognise and respect differences

Compare and contrast themselves with others

Pre-lesson preparation & resources

- Card/coloured paper, scissors, pencils, glue, small strips of paper, tape measure, large paper
- Me as a baby
- Song words
- Book: Boys and Girls

Lesson objective

Children to think about their skills/talents.

Lesson outcomes

Children to feel positive about self and know they have the ability to learn new things.

Exercises

1. Me as a baby

Draw a picture of you as baby, or use photograph

Talk about how you have changed

Look at your hands/feet

Identify the things you did as a baby and all the things you can do now

Identify skills we do with our body – allow some funny ones as well as sport/physical activity

Discuss skills that are developing and changing as you get older and your body gets stronger and bigger

What are you aiming for: e.g. in swimming lessons, at ballet/judo/in other sports/clubs/with parents?

Changes

Amazing me

Exercises

1. Me as a baby

Summarise: what we can do changes over time, our bodies change over time, no one is the same, different people can do and want to do different things

Extension: class to walk around identifying/saying 'what can we do as a class?'

Extension: class to walk around identifying/saying 'what does a baby need to grow and thrive?'

2. Sing song

Sing 'head, shoulders, knees and toes'

Walk around: go on hands and knees, crawl, etc. around the classroom the classroom singing, clapping, hopping on one foot – use a variety of movements

Extension: 'Them bones'

3. Draw around

Use a large piece of paper and draw around a child, label and discuss the different parts of the body

Discuss how the body is amazing, helps us do lots of different things

Discuss disabled people, how they adapt, etc. and what happens if you have an accident etc.

4. Read

Boys and Girls

Extension

Draw around your hand to create a **hand print**. Draw a friend's too.

Use the string to follow the curves of the outline and round bends.

Measure and compare the two hand prints, same but different, we are all unique in our own way, no two hands will be the same.

Summary

Class discussion – list on board and children to draw in own book:

One thing that I am proud of.

One difference in my body from reception.

Changes

Same but different

Year 1 Lesson 2

To recognise and understand how we have changed from a baby

Pupils to: Identify and recognise their skills and abilities

Understand the difference between boys' and girls' bodies, naming the external body parts

Recognise and respect differences

Compare and contrast themselves with others

Pre-lesson preparation & resources

- Same but different diagram v1

Lesson objective

Children to think about their bodies, to recognise similarities and differences between genders

Lesson outcomes

Children to feel positive about self and know they have the ability to learn new things

Exercises

Bodies are amazing

1. Circle share of verbs

Pass the glue stick microphone around circle

I can leap, sing, play hopscotch, dance, kick a football, smile etc.

2. Tell a neighbour

Tell your pair 'I am proud of me and my body because...'

3. Draw yourself

Draw a picture of you and your body

Write speech bubbles all around – what you can do

I can swim, run etc.

Changes

Same but different



Walk around looking at everyone's pictures, discuss differences, similarities

Extension: Are there parts of the body that you cannot see, that have not been drawn and talked about? How do we feel about parts of our body?

What is inside as well as outside - take a look inside, like an X-ray.

Look at the same but different diagram.

4. Watch

SENSE DVD clip KSI, Enjoy and Achieve Section 1 Games and Ambitions

Summary

Do you know what your body needs to keep active, fit and healthy?

Emphasise food, sleep, exercise, activity, love and affection etc.

Extension: What do our pets need, what do living things need?

How the body is amazing, helps us do lots of differ things

Discuss disabled people, how they adapt, etc. and what happens if you have an accident etc.

Use this as an opportunity to foster acceptance and respect for different physical and cognitive abilities of pupils in school.

How we are all amazing, changing and learning all the time.



Class discussion – list on board and children to draw in own book:

All the things that make them feel good and proud of themselves.

Changes

Animals and their babies

Year 1 Lesson 3 - Extension lesson

To recognise and understand how we have changed from a baby

Pupils to: Identify and recognise their skills and abilities

Understand the difference between boys' and girls' bodies, naming the external body parts

Recognise and respect differences

Compare and contrast themselves with others

Encourage and support children to ask questions

Pre-lesson preparation & resources

- **Talk to parents**, discuss what sort of question their children are asking – show them the Babette Cole book and highlight home-school partnership
- Same but different diagram
- Baby animals match picture
- **Read:** 'Mummy Never told me' – Babette Cole
'Boys and Girls' – Lynwen Jones
'The Boy in the Dress' – David Walliams

Lesson objective

Children to think about their bodies, to recognise similarities and differences between the genders

Lesson outcomes

Children to feel positive about self and know they have the ability to learn new things

Exercises

1. Discuss pets and animals

How do we look after our pets?

What do they need to be fit and healthy?

What are the similarities and differences between our pets and us?

Focus on and remind class of previous work and all the things they and their bodies can do, go back to the verbs microphone exercise if necessary, e.g. I can leap, sing, play hopscotch, dance, kick a football, smile etc.

Changes

Animals and their babies

2. Babies

Look at the baby and mother pictures

Match mum and baby

Discuss differences between different animals

Remind and revisit our differences and similarities, especially gender differences.

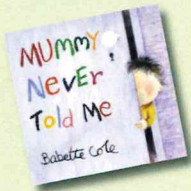
Be prepared to challenge the idea that boys and girls can do or are automatically interested in doing different things e.g. stereotyping boys – football, girls ballet, etc.

Use SENSE DVD KSI, Making a positive contribution being yourself section 1.

Use books: 'Boys and Girls' and 'The Boy in the Dress'

Use the nursery rhyme: *Sugar and spice and all things nice.*

Extension



Read: 'Mummy Never told me' - Babette Cole

ISBN 0-09-940713-2 Random House £4.99

This contains a range of questions children ask and are confused about.

'What does tooth fairy look like?' 'Why must I go to school? Why is it hard to tell grown-ups apart sometimes? Where do mummies get babies from?'

Ends with the strap line – 'but I'm not worried she will tell me when the time comes.'

How the body is amazing, helps us do lots of differ things.

They may have questions and concerns, this is natural.

They must always talk to someone if worried or concerned.

Reassure they should not keep secrets or promises if it makes them feel bad.

Summary

Safeguarding:

Opportunity here to check understanding of good touch, bad touch and good surprises and bad secrets.

Ask pupils to talk about and identify who they can and do talk to.

Encourage pupils to ask questions at home, with family etc.

Class discussion – list on board and children to draw in own book:

One thing I can do that I couldn't do in reception.

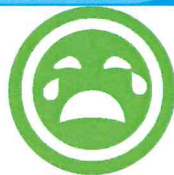
One change that will happen to me and my body in year 2.

Me as a Baby

Year 1 Lesson 1

Draw a picture or put a photograph here of you as a baby.

A baby can



Yes

No

Same But

Different

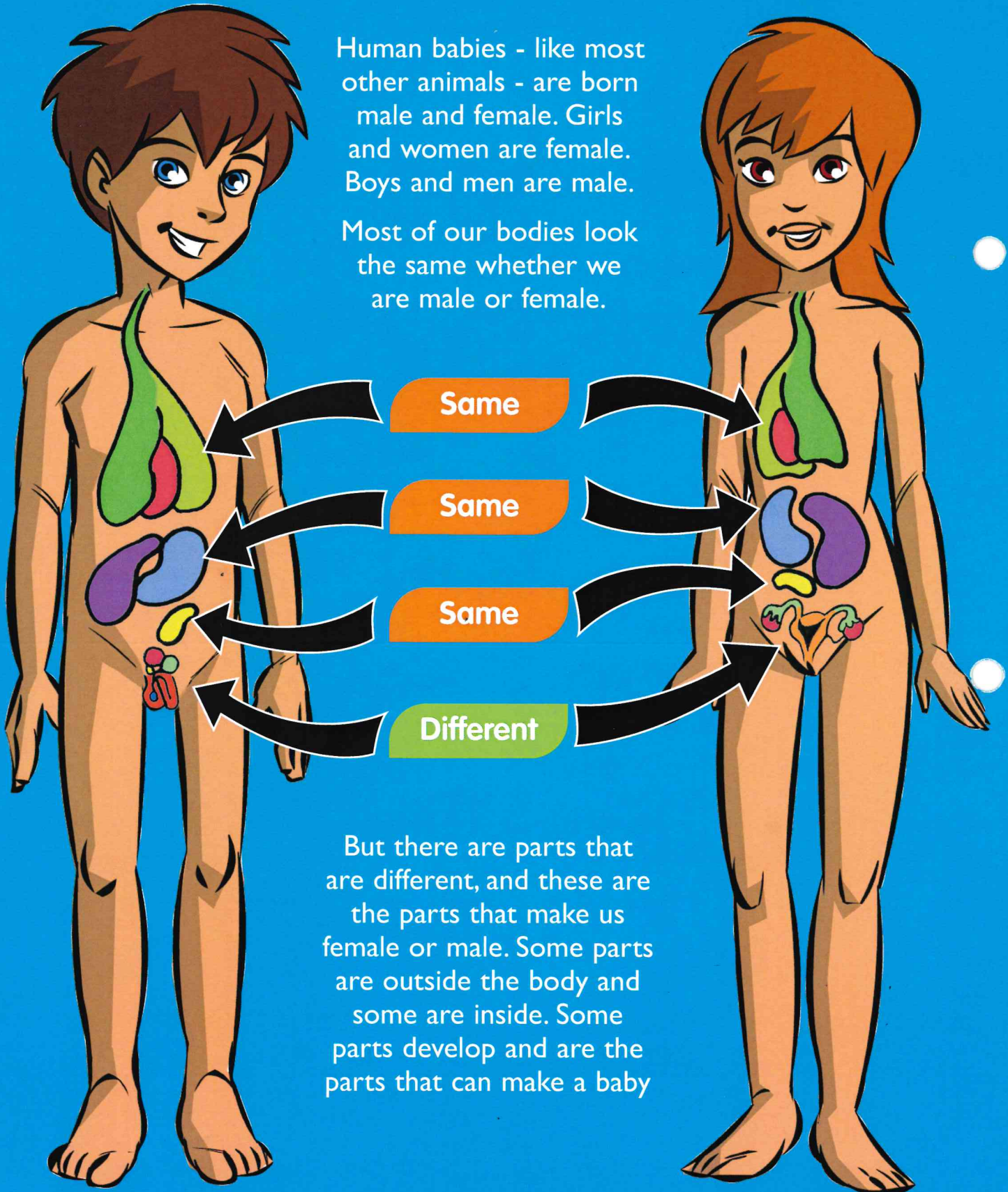
Version 1

Year 1 Lesson 2/3

Year 4 Lesson 1

Human babies - like most other animals - are born male and female. Girls and women are female. Boys and men are male.

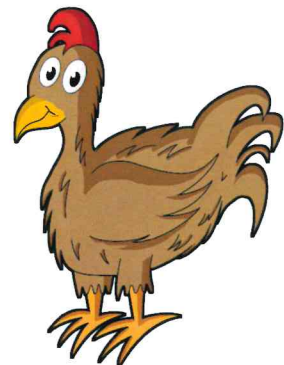
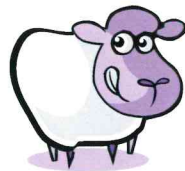
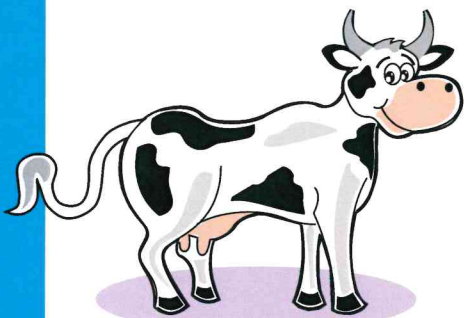
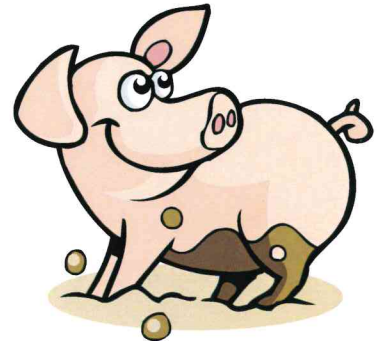
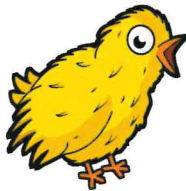
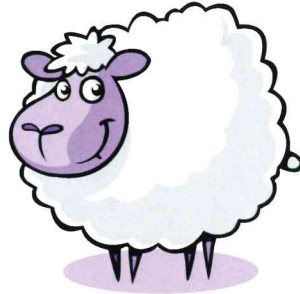
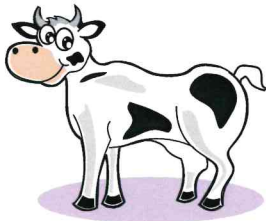
Most of our bodies look the same whether we are male or female.



But there are parts that are different, and these are the parts that make us female or male. Some parts are outside the body and some are inside. Some parts develop and are the parts that can make a baby

Baby Animals

Draw a line to match each baby with its mother.



Living or Not Living?

Circle all the living things. Share your answers with a friend and colour them in. Do you agree with each other?

