**YEAR 1**

**HEALTHY LIFESTYLES 6 – SEX AND RELATIONSHIP EDUCATION**

Children will develop familiarity with the names of the main external parts of the body and become more confident in describing them. They will consider the nature of their bodies, with a view to developing respect for their bodies and themselves. They will also consider simple hygiene practices and their levels of responsibility for carrying these out.

**The main themes of this unit are:**

* body knowledge
* body functions
* body awareness/image
* personal hygiene
* prevention of illness and disease

**At the end of the unit most pupils will:**

* be able to recognise names for the main external parts of the body
* be able to name the sexual parts using colloquial and occasionally scientific words
* be able to describe what their bodies can do and understand how amazing their body is
* show some understanding that their body belongs to them
* be able to describe some basic personal hygiene routines and understand how these can prevent the spread of disease

**Language that will be introduced in this unit:**

|  |  |  |  |
| --- | --- | --- | --- |
| knee | bottom | chest | toe |
| finger | wrist | nose | hair |
| toenail | palm | back | leg |
| eyebrow | knuckle | foot | fingernail |
| lips | eye | skin | cheek |
| sole | calf | arm | shoulder |
| elbow | eyelash | ear | mouth |
| shin | chin | ankle | heel |
| male | female |  |  |
|  |  |  |  |
| penis | nipple | testes | vagina |
| testicles | vulva | anus | private |
| privacy |  |  |  |

**Points to note:**

* scientific names of body parts will be shared
* meaning of private and privacy with reference to activities they do and where they do them (e.g going to the toilet and always closing the door) and how this will change as they get older
* private parts being those that are covered by pants, swimming costume etc