



Why is my body amazing?

In this unit 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 amazing nature of their bodies, with a view to developing respect for their bodies and develop an understanding of how important it is to look after their body. Children will also consider simple hygiene practices and their levels of responsibility for these.

The main themes of this unit are:

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

Question the children will explore through the unit are:

- What are the names of the main parts of the body?
- What can my amazing body do?
- When am I in charge of my actions and my body?
- How can I keep my body clean?
- How can I avoid spreading common illnesses and diseases?

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 with growing confidence using colloquial and usually scientific words with trusted adults
- 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

Statutory requirements

In September 2020, the DfE introduced statutory requirements for Relationships Education and Health Education which are to be covered by the end of Primary School. This unit contains teaching which directly addresses the requirements for:

Relationships Education: Being Safe

- how to report concerns or abuse, and the vocabulary and confidence needed to do so.

Health Education: Health and Prevention

- about personal hygiene and germs including bacteria, viruses, how they are spread and the importance of handwashing.
- private parts being those that are covered by pants, swimming costume etc