

Why and how do we need to keep clean?

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 themselves. Children will also consider simple hygiene practices and their levels of responsibility for carrying these out.

The main themes covered in this unit are:

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

Questions the children will explore through the unit are:

- How are male and female bodies different and what are the different parts called?
- When do we talk about our bodies, how they change, and who do we talk to?
- What can my body do and how is it special?
- Why is it important to keep myself clean?
- What can I do for myself to stay clean and how will this change in the future?
- How do different illnesses and diseases spread and what can I do to prevent this?

At the end of the unit most pupils will:

- be able to use the scientific terms penis, testicles, breast and vagina and explain which parts are male and which are female
- be able to give several examples of the capabilities of their own bodies
- be able to describe familiar hygiene routines and understand the reasons for doing these things
- be able to anticipate new responsibilities for their personal hygiene
- be able to explain how common illnesses are spread and be able to describe how they can prevent the spread of one such illness.

Language that will be introduced in this unit:

From Year 1

penis	nipple	testes	vagina
testicles	vulva	anus	private
privacy	male	female	

Additional language

thorax	intestine	humorous	nipple
	scrotum	breast	

Points to note:

- scientific names of body parts specifically relating to males and females and the differences

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.

Health Education: Changing Adolescent Body

- key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes