

Year 1

Section A - Body Knowledge

1. To recognise the main external parts of the bodies of humans, including names for sexual parts.

Section B - Body Functions and Changes

2. To describe what their bodies can do.

Section C - Body Awareness and Image

3. To understand that they have responsibility for their body's actions and that their body belongs to them.

Section D - Personal Hygiene

4. To know how to keep themselves clean.

Section E - Illness/Disease Prevention

5. To understand the importance of basic hygiene practices, e.g. washing hands, using a tissue, and how these prevent the spread of disease.

Relationships And Sex Education

Healthy & Safer Lifestyles

Relationships and Sex Education

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

- External parts of the body
- My amazing body
- Germs
- Hand washing