

# PSHE

## Relationships & Health Education

### Boys, girls & families

L1: Differences &  
Similarities

L2: Male & Female  
Animals

L3: Male & Female  
Children

L4: Growing

L5: Caring

L6: Types of Family

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## Relationships & Health Education

### Boys, girls & families

#### Lesson One

#### Differences & Similarities

Respect the differences and similarities between  
people.

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### DISCUSS

*In what ways do people care for each other?*

### ACTIVITY

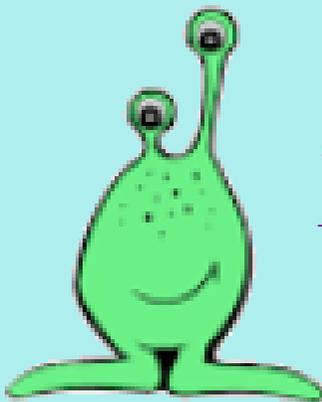
*Children work in pairs (one boy, one girl). Find one similarity and one difference that you have with each other.*

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### DISCUSS

*This is Tob. It is from another planet where there are no boys and girls. Please can you help it to understand how you know someone is a boy or a girl?*



*"One difference between boys and girls is \_\_\_\_\_."*

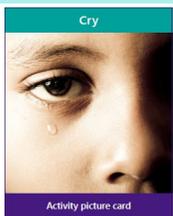
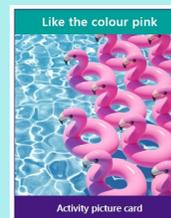
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ACTIVITY

*Place the activity cards into piles: boys, girls & both.*



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DISCUSS

*Now explain to Tob the sorts of things that boys do and the sorts of things that girls do that are the same and different.*



*Which of these are facts? Which of these are opinions?*

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<https://youtu.be/St6tIWrbysU>



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"Some people say that boys \_\_\_\_\_ but I am a boy  
and I \_\_\_\_\_."

"Some people say that girls \_\_\_\_\_ but I am a girl  
and I \_\_\_\_\_."

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### Boys, girls & families

#### Lesson Two

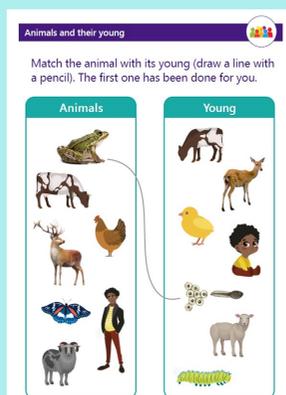
##### Male & Female Animals

Understand the biological differences between male and female animals and their role in the life cycle.

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### ACTIVITY



Printout

Match the animals with their young on the worksheet.

Discuss whether the parent animals are mummy or daddy animals and ask which are male or female?

Are they male or female? Who gives birth to the young? How do animals feed their babies?

Would anyone like to talk about their pets?

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### DISCUSS

*What are the differences between males and females?*

*For all animals to make a baby/young there needs to be a male and a female.*

*Finish the sentences in pairs:*

*“A similarity between humans and animals is...”*

*and*

*“A difference between humans and animals is...”.*

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### DISCUSS

*Look at the farmyard animals and their body parts. Are they male or female and how do you know? Try to use words like:*

*penis, privates, teats, udders, horns*



*Printout*

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*Relationships & Health Education*

*Boys, girls & families*

*Lesson Three*

*Male & Female Children*

*Describe the biological differences between male and female children.*

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*Relationships & Health Education*

CLASS ACTIVITY

*Today we are going to learn about the human body parts that males and females have; we are going to start with all the body parts we already know.*

*Draw a large outline of a body and label all the parts they can as a class.*

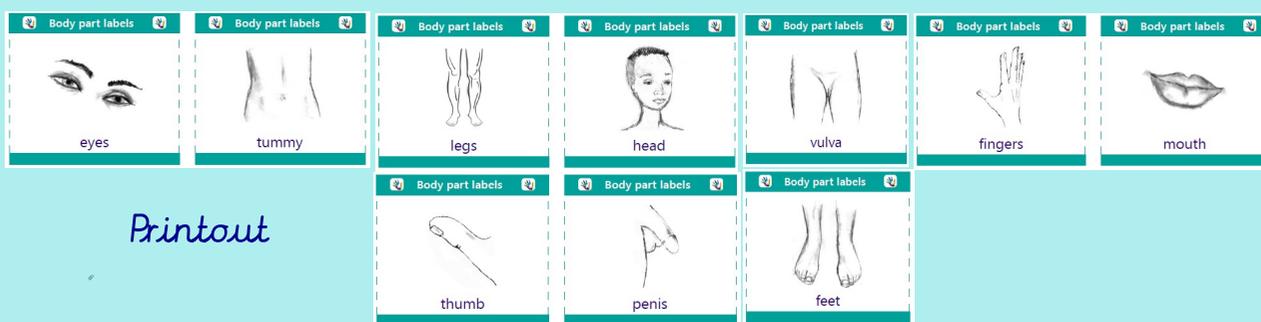
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### ACTIVITY

There are some important differences between male and female bodies and we are going to learn the correct words for these today.

Using two hula hoops as a Venn diagram, ask the children to sort the body parts cards into male, female or both.



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<https://youtu.be/vI86yCvUrAE>

Watch to 1m23s



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<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

**What are the PANTS rules?**



Privates are private	+
Always remember your body belongs to you	+
No means no	+
Talk about secrets that upset you	+
Speak up, someone can help	+

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ALWAYS REMEMBER

<https://www.childline.org.uk/>

**childline**

ONLINE, ON THE PHONE, ANYTIME

**Call 0800 1111**

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#### Lesson Four

##### Growing

Discuss about growing from young to old and that they are growing and changing.

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### ACTIVITY

Put the different stages of the human life cycle in order.

(Print pages 181-191 of the scheme)

### READ

Read *Once there were giants*, by Martin Waddel.

<https://www.youtube.com/watch?v=STwCgjVajys>



Discuss each stage as the story is shared, thinking about what it is like and what the main character could do at that stage.

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### ACTIVITY

*Write down what you could do/can do/might be able to do at each stage.*

Baby	Now	Teenager	Adult

*Printout*

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### ACTIVITY

*Think about some good things about growing and changing by completing the sentence starter:*

*Growing and changing is good because \_\_\_\_\_.*

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#### Lesson Five

##### Caring

Understand that everybody needs to be cared for and the ways in which they care for others.

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### DISCUSS

Everyone needs to be cared for at different stages of the human life cycle. Look at the pictures and think about the type of care that someone might need at each stage and who might care for them?



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### ACTIVITY

Look at the range of objects in the classroom relating to caring for someone else:

bottle, nappies, plaster, toy bricks, hairbrush, skipping-rope, postcard, valentine, flowers, cooking utensils, phone, walking stick, stethoscope, hearing aid

Who might use the object?

Why is it needed?

How is it used?

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### READING

<https://www.youtube.com/watch?v=Tlc2ZUUmcnI>



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#### Lesson Six

##### Types of Family

Recognise different types of family and talk about how their home-life is special.

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### BRAINSTORM

Everyone needs to be cared for.

Brainstorm words that relate to families by drawing a person on the board and writing all the vocabulary around them.

Examples underneath.



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### DISCUSS

*Families are different. In some families people choose to get married (committed to each other through law).*

*Some families have two parents, some have one parent.*

*Some have two mums, some have two dads.*

*Some children live with other members of their family, like a grandparent, aunt or uncle.*

*Some live foster carers or step parents.*

*There are many different types of families.*

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### READING

<https://www.youtube.com/watch?v=iP3E69QgMI8>



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### DISCUSS

*What was special about the little girl's family in the story?  
Who was in her family? How did her family care for each  
other? How do we care for our families? How do our  
families care for us?*

### ACTIVITY

*Create a picture of your  
own family and write  
about them.*

*Printout*

