

Reception SRE Curriculum

The reception curriculum will be split over 3 lessons, exploring how our bodies are growing and changing. We will look at how we have changed already and try to imagine what we would be like when we are grown up.

We will also be discussing the similarities and differences between boys and girls. We will be helping children to recognise their own uniqueness and the uniqueness of others. We are all different but all equal. We will also be teaching the NSPCC Pants Rules.

The lessons cover activities as follows:

Lesson 1: Growing and changing

We will be talking about what how our bodies are growing and changing every day. The children will draw a picture of themselves now and a picture of what they think they will look like when they are grown up – showing a difference in size. Would you like to have a family? Draw them too.

We will also be discussing how we have changed since we were a baby - brainstorming ideas of what things babies can do, then what you can do now. What can you do when you are a grownup that you cannot do now? We will all grow old.

Lesson 2: Similarities and differences

We will put the children into boy/ girl pairs and ask them to identify 3 things that are the same/different about them – using correct terminology for body parts. We will be reinforcing that although we are different, one sex is not better than the other, and we are all equal.

We will be highlighting that there is something unique about all of us and there is no uniform way to be. Everyone is beautiful in different ways.

Lesson 3: NSPCC: PANTS (The Underwear Rule)

Talk PANTS helps children understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried.

We will be singing along with Pantosaurus as we learn the pants rules.