

Year 1 SRE Curriculum

The year 1 curriculum is split over 3 lessons, exploring relationships, growing and changing and different types of families.

Each session begins with agreed rules for discussion to show respect for one another.

The lessons cover activities as follows:

Lesson 1- Exploring Relationships

To understand that we are all different, but can still be friends

Share a story about feelings and children being different. Celebrate difference as a class.

Lesson 2- Growing & Changing

Look at pictures of newborn babies

Discuss feelings towards a new baby in the family

Identify differences between a baby boy and girl.

Introduce terms Penis and Vulva for private parts.

Discuss lifecycle- order pictures from youngest to oldest.

Lesson 3- Different types of families and who to ask for help

Share a story and think about who we should ask for help if we are sad or worried.

Talk about families being different. Share the family book by Todd Parr