

# YEAR 1: SCHEME OF WORK - GROWING UP, STAYING SAFE



**Key Vocabulary:** friend, kind, different, lonely, private parts, body, penis, vulva, grown-up, help, safe, proud, family, talk, screen, camera, online, trust, feelings, scared, happy, cross, calm, excited, unsure

Title	Learning Intentions and Learning Outcomes	Resources	Statutory Guidance
<p><b>Lesson 1</b> Different Friends</p>	<p><b>Learning Intention</b> To learn how to be a kind and welcoming friend, even when people are different to us.</p> <p><b>Learning Outcomes</b> I know that friends can be different from me. I can say one way to be kind to a new friend.</p>	<p>Talking object <b>Yr 1 – Lesson 1 – Story card</b> Story bag containing an elephant puppet (or the elephant picture) and a school jumper or shirt if the school has one. Paper and coloured pencils</p>	<p><b>Relationships education</b> Caring friendships (CF 2, 3) Respectful, Kind relationships (RR5)</p>
<p><b>Lesson 2</b> Growing and Changing</p>	<p><b>Learning Intention</b> To understand how we grow and change. To learn the correct names for private parts of the body.</p> <p><b>Learning Outcomes</b> I can name something I can do now that I couldn't do as a baby. I know the right names for the private parts. I know that some parts of my body are private.</p>	<p>Talking object <b>Year 1 - Lesson 2 – Social Story</b> Story bag containing one of the Drawings of Newborn Babies (you can use either), soap, flannel, school jumper <b>Drawings of newborn babies</b> <b>Lifecycle picture cards</b> <b>Lifecycle whiteboard summary</b></p>	<p><b>Relationships Education</b> Being safe (BS2, BS3) <b>Health Education</b> Developing bodies (DB3) <b>Science Curriculum (S1)</b></p>
<p><b>Lesson 3</b> Body Safety (Online and Off)</p>	<p><b>Learning Intention</b> To understand that our private body parts are private, even when we are using screens or video calls.</p> <p><b>Learning Outcomes</b> I know what private means. I know that no one should ask to look at or touch my private parts. I know I can speak to a trusted adult if I feel unsure or unsafe.</p>	<p>Talking object <b>Drawings of babies</b> <b>Year 1 – Lesson 3 – Social Story</b> A jumper (to represent Jai), a pair of trousers and a smartphone or tablet Drawing materials</p>	<p><b>Relationships education</b> Respectful, Kind relationships (RR2) Online safety and awareness (OS1) Being safe (BS2, 3, 6, 7)</p>
<p><b>Lesson 4</b> Families &amp; Care</p>	<p><b>Learning Intention</b> To know that families can be different To identify adults we can talk to when something doesn't feel right.</p> <p><b>Learning Outcomes</b> I know that families can look different. I know it's okay to talk to someone if something makes me feel worried or upset. I can name a safe adult I could talk to.</p>	<p>Talking object <b>Year 1 Lesson 4 Social Story</b> Story bag - containing ball and school jumper <b>Families pictures</b></p>	<p><b>Relationships education</b> Families and people who care for me (F2, F3, F4, F6) Respectful, Kind Relationships (RR11) Being safe (BS1, BS6, BS7)</p>