



LARCHWOOD PRIMARY SCHOOL  
PSHCE PLANNING

YEAR GROUP: 1	CORE THEME: Relationships	QUESTION: What is the same and different about us?
<p>H21. to recognise what makes them special  H22. to recognise the ways in which we are all unique  H23. to identify what they are good at, what they like and dislike  H25. to name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles)  R13. to recognise that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are privates  R23. to recognise the ways in which they are the same and different to others  L6. to recognise the ways they are the same as, and different to, other people  L14. that everyone has different strengths</p>		

LESSON	LESSON OBJECTIVE	INPUT	KEY VOCABULARY	RESOURCES	OUTPUT/ EVIDENCE
1.	To what we like and dislike	Everyone has different preferences when it comes to food/ sport/ television/ activities/ games/ colours etc. Discuss. Circle-roll a ball and chn to say a like, class stand if they also like. Repeat with dislikes. Emphasise importance of differences/similarities.	I like.. I dislike.. Similarities Differences	Post-it notes Likes and dislikes PowerPoint	Class board of our likes and dislikes. Chn add a post-it. Look if there are any repeated. (can draw picture or write)
2	To recognise what makes us special	Explain meaning of being individuals. We are all special and unique. There is no other you! PowerPoint on what makes us special. Look at all the different things that can make us, us, both extrinsically and intrinsically. Discuss strengths and what each person is good at, give examples.  Finish with song on being special: <a href="https://www.youtube.com/watch?v=Gms-Yk7mzv4">https://www.youtube.com/watch?v=Gms-Yk7mzv4</a>	Individual Special Unique	PowerPoint- I am special	Create a class tree out of children's fingerprints to represent they are all unique and special.  
3	To recognise the ways in	Look at personal features, how we may have similarities to our friends e.g. both long hair but as an individual we are different. Discuss all different physical traits, hair, skin, freckles, eyes etc.	Characteristics Features Personal	Mirrors Guess who questions Self portrait equipment	Draw a self-portrait, focusing on colour choices.

	which we are all unique	Play guess who game, and chn to guess who you are describing.	Individual Unique		
4	To identify what we are good at	<p>Recap previous lesson and big question. Recap learning so far and similarities and differences.</p> <p>Look at LO, link to strengths meaning (something we are good at). Explain like previous learning we all have different strengths, some may be similar/different to others. To look at our strengths further, we are going to listen to the book Incredible You. What does incredible mean? (amazing, really good, super.) Explain we will then discuss and look at ways each of us are incredible.</p> <p>Read book, Incredible You, pause throughout to talk about strengths.</p> <p>Explain, like book all the children are incredible as they have strengths/talents unique to them. Talk partner, what are they good at? Share. Display some characteristics, chn share what they think their character strengths are.</p> <p>Outside task (mini plenary- example strengths).</p>	<p>Characteristics</p> <p>Features</p> <p>Personal</p> <p>Individual</p> <p>Unique</p> <p>Strengths</p>	<p>What are your strengths</p> <p>PowerPoint?</p> <p>Chalk</p> <p>Incredible You – text or video</p>	Use chalks on playground to write strengths.
5	To name main body parts including private parts	<p>Explain aim of lesson, begin by discussing different body parts, chn to name a body part and rest of class to copy. Play Simon says.</p> <p>Some body parts are what we call private parts. What do the chn understand by the word private? Private means that something or an activity is yours and not for anyone else e.g. when you are in the toilet cubicle that is private time, no-one else should be with you. Explain that to make the bodies private we need to make pants to keep them private! Private parts are those covered by our underwear. We will look at proper names for these.</p> <p>Vagina</p> <p>Testicles</p> <p>Penis</p>	<p>Vulva</p> <p>Vagina</p> <p>Testicles</p> <p>Penis</p> <p>Private parts</p> <p>Personal</p>	<p>Flipchart</p> <p>Body part name labels</p>	Class discussion - flipchart

		Mindmap around each word the names chn use at home for these.			
6	To recognise that some things are private and the importance of respecting privacy	<p>Recap names of private parts and what the word privates means. Talk about how these parts are private and what this means. Look at PowerPoint video from pants website. Discuss what to do if anyone ask to touch/ see private parts, what is right, reporting to adult, respecting privacy.</p> <p>When we might show private parts:  - Mum or dad may see your private parts when you are getting changed or washed - A doctor may need to see your private parts if your mum or dad is there - No-one else (other children or adults) should ever see your private parts. You should say NO if you are asked and tell a safe person. - You should never show your private parts to anyone else. - You should speak about secrets that worry you. No-one should ask you to keep a secret about your private parts.y</p> <p>PANTS song</p> <p><i>Take additional guidance from PANTS lesson plan.</i></p> <ol style="list-style-type: none"> <li>1. Introduce the PANTS rules to the class.</li> <li>2. Show the Talk PANTS poster or image. You can also show a film featuring our friendly mascot Pantosaurus. His catchy song covers the main points of PANTS and is a good way to introduce the topic.</li> <li>3. Show children the PANTS acrostic to explain the main messages. Use the PANTS posters or show our web resources on the whiteboard.</li> <li>4. Take each sentence in turn and explain what each letter of PANTS stands for. Check that the children understand each phrase. Encourage them to say it out loud as a chant.</li> </ol> <p>Discuss that we are going to make life size bodies, but we need to make sure that our bodies are private. Give each child the NSPCC Pants worksheet. Draw around pupil. Next bring out the bag of body parts. Ask volunteers to pull laminated pictures out of the bag and place them on the body.</p>	Vagina Testicles Penis Private parts Personal	<a href="https://stpeters.trinitymat.org/wp-content/uploads/2021/02/PANTS-presentation.pdf">https://stpeters.trinitymat.org/wp-content/uploads/2021/02/PANTS-presentation.pdf</a>	Design own pair of underwear
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