

Overview Of Growing And Changing Together Scheme Of Work

QCA National Framework for PSHE and Citizenship Links: 1d, 3c, 3e, 3f, 4a, 4c, 4f, 4g

Lesson	Theme	Title	Activities
Year 4 Scheme of work			
Lesson 1	Personal Identity, Self-Esteem And Confidence	What Am I Good At?	Making A Mobile
Lesson 2	Friendship And Relationships	What Is A Friend?	Building A Friendship Wall
Lesson 3	Growing Up	When Will I Start To Change?	Road Of Life
Lesson 4	Body Changes	How Will I Change?	Body Board CD-ROM: Naming Body Parts CD-ROM: External Body Changes At Puberty (optional)
Lesson 5	Hygiene	How Do I Keep Myself Clean?	Personal Hygiene Game CD-ROM: Who Can Keep Themselves Clean?
Lesson 6	Personal Safety	How Do I Keep Myself Safe?	Keep Myself Safe Poster CD-ROM: Childline Poster (PDF)

Year 5 Scheme of work			
Lesson 1	Personal Identity, Self-Esteem And Confidence	Different Roles	CD-ROM: Who Can Do What? CD-ROM: Can I Be What I Want To Be?
Lesson 2	Friendship And Relationships	Different Relationships	CD-ROM: What Relationships Do You See?
Lesson 3	Puberty Changes – Boys And Girls	Puberty Changes – Boys And Girls	CD-ROM: Changes DVD CD-ROM: Male And Female Inside Body Parts
Lesson 4	Body Changes	Recognising Puberty Changes	Girls Only/Boys Only Discussion CD-ROM: Inside A Boy's And Girl's Body During Puberty
Lesson 5	Hygiene In A Social Situation	Hygiene In A Social Situation	Some Of Your Bits Ain't Nice DVD CD-ROM: Dear Dr Kelly
Lesson 6	Personal Safety	Keeping Yourself Safe	CD-ROM: What Should They Do?

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Lesson	Theme	Title	Activities
Year 6 Scheme of work			
Lesson 1	Personal Identity, Self-Esteem And Confidence	Respecting Difference	It's Ok To Be Different
Lesson 2	Friendship And Relationships	Different Feelings	Big Bag Of Feeling CD-ROM: Wall Of Feelings
Lesson 3	Growing Up	Girl Talk/Boy Talk	CD-ROM: Girl Talk/Boy Talk
Lesson 4	Body Changes	My Up And Down Day	CD-ROM: Where Am I On The Up And Down Ladder? CD-ROM: Bottled Up Feelings
Lesson 5	Hygiene	Watching What I Say!	Watching What I Say!
Lesson 6	Personal Safety	Am I Safe When Txtin And In Chatrooms?	CD-ROM: Safe Surfing
Year 6 Extensions Lessons			
Lesson A	Body Changes	How A Baby Is Made	CD-ROM: How A Baby Is Made DVD
Lesson B	Body Changes	How A Baby Is Born	CD-ROM: How A Baby Is Born DVD

Six Week Scheme Of Work

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Lesson Number	Theme	Title	Learning Outcome	Activities
Lesson 1	Personal Identity, Self Esteem And Confidence	What Am I Good At?	Children will be able to recognise and celebrate their own personal qualities	Making A Mobile
Lesson 2	Friendship And Relationships	What Is A Friend?	Children will understand the importance of friendships and will be able to identify the qualities to look for in a friend	Building A Friendship Wall
Lesson 3	Growing Up	When Will I Start To Change?	Children will understand the concept of body changes through the life stages	Road Of Life
Lesson 4 (deliver with school nurse)	Body Changes	How Will I Change?	Children will be able to identify and correctly name male and female external body parts	Body Board CD-ROM: Naming Body Parts Optional – CD-ROM: External Body Changes At Puberty
Lesson 5	Hygiene	How Do I Keep Myself Clean?	Children will understand the need for personal hygiene and will be able to recognise what they need to do to keep clean	Personal Hygiene Game CD-ROM: Who Can Keep Themselves Clean?
Lesson 6	Personal Safety	How Do I Keep Myself Safe?	Children will understand the importance of having someone to trust and will learn rules that will help keep them safe	Keep Myself Safe Poster CD-ROM: Childline Poster (PDF)