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| YR | Strand/ Standard | L/O’s | Vocabulary | Resources (1st level) | Resources (2nd Level) |
| 1-2 | **Body changes**- Identify growth and changes in the early years of life | Become aware of new life and birth in the world | Womb 子宫Birth 分娩 | <http://www.crickweb.co.uk/ks1science.html>Story suggestions- The Very Hungry caterpillar IC p69Chinese – The Tadpole finds his MumDrama- Mime Time IC p73Matching adults and babies farm animals- Twinkle<https://www.twinkl.co.uk/resource/t-t-2547252-adult-and-baby-farm-animals-matching-connecting-bricks-game><https://youtu.be/57EpXLT7qZI><https://youtu.be/ozjVHF8Ybcw><https://youtu.be/cJg4YFtvOp8>Topic- Growing BeansTopic- Animals | Story suggestion-Our baby. IC p69If anyone has a baby sibling parent to bring in.Irish Curriculum The Wonder of New LifeBring in a baby animal to observe or view videos of animal birth. |
|  |  | Develop an awareness of human birth | Womb 子宫Birth 分娩 | <https://www.twinkl.co.uk/resource/t-t-253156-human-life-cycle-activity-sheet> | Video of human in womb:<https://www.babycentre.co.uk/v1027478/inside-pregnancy-weeks-10-14-video> <http://www.bbc.co.uk/bitesize/ks2/science/living_things/human_life_cycles/read/1/> |
|  |  | Begin to understand that reproduction, birth, growth and death are all part of new life cycles (Y2 – Integrated with Science) | Womb 子宫Birth 分娩 | N/A | Amazing Me! Unit of work(access from the resource folder[Growing PPT](https://teams.microsoft.com/_#/ppt/viewer/teams/https%3A~2F~2Fycefhk.sharepoint.com~2Fsites~2FYCISSHPudongECE%26PrimaryTeachers~2FShared%20Documents~2FWellbeing~2FResources~2FY2How_humans_change_as_they_grow.ppt?threadId=19%3A0144aaf8fcf448888d859118a6c42592%40thread.skype&baseUrl=htt) (access from the Resource Folder)What is a Life cycle? (Access from the Resource Folder)<https://www.twinkl.co.uk/resource/t-m-233-human-growth-display-posters><http://exchange.smarttech.com/details.html?id=2a99e279-a57b-4b32-b950-ae8afdf6705f>Twinkl- <https://www.twinkl.co.uk/resource/t-t-253156-human-life-cycle-activity-sheet><https://www.twinkl.co.uk/resource/t-s-3687-body-safety-activity><https://www.twinkl.co.uk/search><https://www.twinkl.co.uk/resource/t2-s-239-how-to-look-after-myself-visual-aid-cards> |
|  | **Body Parts**-Identify body parts including genitalia | Name some parts of the female and male body using appropriate anatomical terms and identify some of their functions | Penis 阴茎Vagina 阴道Breast 乳房 | Y1Y1Giving A Doll A Bath (anatomically correct dolls)Page 150 Irish Curriculum. Read ***Andrew’s Bath*** by David McPhailpublished by Puffin Playtime BooksHamilton Trust Year One Body Parts – 1 lesson only(In server folder for body parts.)<https://www.saveteacherssundays.com/science/year-1/381/lesson-4-parts-of-the-body/>(has youtube links - there is also a copy on the server)<https://www.eslkidstuff.com/lesson-plans/pdf/body-lesson-plan.pdf>Download version on the server also.<http://www.holywellschool.org/wp-content/uploads/2013/10/Y2-Lesson-plans-2.pdf>First lesson looks at differences of boys and girls. Copy on server also. YEAR 2? | Y2Twinkl Labelling Worksheets:<https://www.twinkl.co.uk/resource/t-t-23476-body-parts-labelling-activity>Resource Material for Relationship and Sexuality EducationPage 67 – How My Body WorksLesson Plan from Holywell School<http://www.holywellschool.org/wp-content/uploads/2013/10/Y2-Lesson-plans-2.pdf> (Lesson 4 - Naming Body Parts)Lesson Plan from Milwaukee Public School system for Grade 1 (Year 2): (Page 42-48)<http://mps.milwaukee.k12.wi.us/MPS-English/CAO/Documents/Health-Education/MPSHGD1stgradecurriculum2014-15.pdf> |
|  | **Body Awareness****-** Identify personal space- Identify appropriate bathroom behaviour | Identifies what areas of the body are private on themselves and others | Bottom/buttocks臀部 | Y1<https://www.twinkl.co.uk/resource/t-s-3688-what-are-private-parts-social-stories> (needs adapting) | Y2 |
|  |  | Names the process of going to the bathroom and understand the importance of hygiene in relation to this. |  | <https://www.twinkl.co.uk/resource/us-t-c-124-boys-daily-routine-using-the-bathroom-cards><http://content.twinkl.co.uk/resource/9f/3c/us-m-676-washing-hands-display-poster-english.pdf?__token__=exp=1514865200~acl=%2Fresource%2F9f%2F3c%2Fus-m-676-washing-hands-display-poster-english.pdf%2A~hmac=59fa482995e58a6897b10f2d95cd310a55cc7abdec5a20a47a88a3f45a24d111><https://www.twinkl.co.uk/resource/us-t-s-3755-using-the-bathroom-social-stories-resource-pack><https://www.tes.com/teaching-resource/personal-hygiene-6430810><https://www.youtube.com/watch?v=mNUJs3GUlUQ> | <https://www.tes.com/teaching-resource/morning-routine-mini-schedule-widgit-cip2-6110335><https://www.youtube.com/watch?v=h7XHc9tdLpE> |
| 3-4 | **Body changes**Identify growth and changes in the early years of life | Understand the stages in the human life cycle. |  | Page 173 – ‘Interview about what I was like when I was little’ or ‘About Changes in my life as we grow’.[BBC Bite size Human Life Cycle](http://www.bbc.co.uk/bitesize/ks2/science/living_things/human_life_cycles/read/1/) [6 Stages of the lifecycle (8school lessons)](https://k8schoollessons.com/human-life-cycle/)[Twinkl: Cut and Stick: The Stages of Growth](https://www.twinkl.co.uk/resource/t-t-20163-human-life-cycle-cut-and-stick-activity)[Twinkl: Differentiated resource: timeline activity and power point information (good activity)](https://www.twinkl.co.uk/resource/tp2-s-034-planit-science-year-5-animals-including-humans-lesson-1-human-timeline-lesson-pack)[TES: Information sheet and activity (cut and paste) (good information)](https://www.tes.com/teaching-resource/human-life-cycle-human-stages-of-development-6367114) |  |
|  | Understand growth and body changes during puberty and adolescence (Y4) | Discuss the stages and sequence of development of human babies from conception to birth.(Y4)Identifies areas of the body where hair may begin to grow.Identifies the areas of the body that sweat more as we reach puberty and give ideas of how we can combat the smell associated.Identify physical changes such as breast development and changes in body shape.Realise that changes do not occur at the same time but nonetheless it is natural and being different is normal.Recognise and discuss that feelings and emotions are affected by the physical changes that take place during puberty. |  | N/A | 1. [UKS2 Personal Hygiene PowerPoint](https://www.twinkl.co.uk/resource/t2-cfe2-p-112-cfe-second-level-personal-hygiene-powerpoint) –

Labelling areas of the body where you will grow extra hair and where you will sweat.1. [Puberty How our Bodies Change Powerpoint](https://www.twinkl.co.uk/resource/t2-s-242-puberty-how-our-bodies-change-diagrams-powerpoint)

[Website about Puberty](http://kidshealth.org/en/kids/center/girls-puberty-center.html?WT.ac=en-k-slpmsh-k-rt)1. [Menstrupedia: Emotional Changes during puberty](https://www.menstrupedia.com/articles/puberty/emotional-changes)

[Emotions and Puberty](https://www.tes.com/teaching-resource/emotions-and-puberty-6125405) |
|  | **Body Parts**-Identify body parts including genitalia | Identify in more detail the parts of the female and male genitalia. | Revise aboveVulva 阴户Testicles 睾丸Bottom/ backside 臀部 | Y3Page 167-Theme 7, When My Body Needs Special Caresmb://10.3.1.1/Teachers/@Teachers Pub/@Child Protection Committee/WELLBEING CURRICULUM/January 2nd WellBeing PD/Group Activity/Body Parts/Year 3 and 4/body-parts-activity-pack\_ver\_3 | Y4smb://10.3.1.1/Teachers/@Teachers Pub/@Child Protection Committee/WELLBEING CURRICULUM/January 2nd WellBeing PD/Group Activity/Body Parts/Year 3 and 4/body-parts-activity-pack\_ver\_3 |
|  | **Body Awareness****-** **Demonstrates personal space** | **Revise from previous year.**Identifies what areas of the body are private on themselves and others |  | Y3<https://www.twinkl.co.uk/resource/t-s-3688-what-are-private-parts-social-stories> - keeping safe with private parts.<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/underwear-rule-schools-teaching-resources/> - PANTS – underwear rule. Lesson plan, powerpoint and activities.My body safety rules - <http://e2epublishing.info/posters/> - children can create their own safe.<https://myunderpantsrule.com/home/child-protection-education/> - Underpants Rule – My underpants rule story book.<https://www.twinkl.com/resource/t3-s-234-who-sees-our-private-parts-male-social-situation><http://www.monsoonbreeze123.com/2015/02/26/10-rules-to-teach-your-kids-about-private-parts-before-they-start-schooling/> <https://www.youtube.com/watch?v=-lL07JOGU5o> - pantosaurus song | Y4<https://www.twinkl.co.uk/resource/t-s-3688-what-are-private-parts-social-stories> - keeping safe with private parts.<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/underwear-rule-schools-teaching-resources/> - PANTS – underwear rule. Lesson plan, powerpoint and activities.My body safety rules - <http://e2epublishing.info/posters/> - children can create their own safe.<https://myunderpantsrule.com/home/child-protection-education/> - Underpants Rule – My underpants rule story book.<https://www.twinkl.com/resource/t3-s-234-who-sees-our-private-parts-male-social-situation><https://www.youtube.com/watch?v=-lL07JOGU5o> - pantosaurus song |
|  |  | Names the process of going to the bathroom and understand the importance of hygiene in relation to this. |  | Create a Kahoots Quiz based on bathroom hygieneCreate a step-by-step guide for Year 1-2 on the process of going to the bathroomCreate a hygiene poster for using the bathroom. | <http://www.360doc.com/content/15/0102/10/20709422_437481749.shtml>Create a Kahoots Quiz based on bathroom hygiene<http://www.iqiyi.com/v_19rr6xxtwc.html><http://www.360doc.com/content/14/0127/14/15061035_348315018.shtml> |
| 5-6 | **Body Changes**-Explain growth and body changes during puberty and adolescence-Discuss how changes during puberty affect thoughts, emotions and behaviours-Differentiate between reliable and unreliable sources of information about puberty | Identify and discuss the physical changes that occur in boys and girls with the onset of puberty specifically: pubic hair, menstrual cycle, periods, wet dreams, oily skin/spots/acne and voice breakingIdentifies what a period is and how it is one of the signs of puberty for girls.Identifies what is a wet dream and why this happens.Identify and discuss the various changes in feelings and emotions that take place during puberty.Explore strategies in dealing with and managing your own feelings.Identify reliable sources specifically: trusted adults and unreliable sources specially: other children/teenagers or older siblings and the internet. | Pubic hair 阴毛Menstrual cycle 生理/月经周期Periods 月经Wet dreams 梦遗Sperm 精子Erection 勃起Ejaculation 射精Ovulation 排卵Adam’s apple 喉结 | Y5 -Ice breakers and introductory activities to begin lessons:<https://www.twinkl.co.uk/resource/t2-p-221-sex-and-relationships-education-sre-ice-breakers-teaching-ideas>Ground rules for Wellbeing lessons:<https://www.twinkl.co.uk/resource/t2-p-220-sex-and-relationships-education-sre-ground-rules-display-poster>FOURTH CLASS THEME 8 GROWING AND CHANGINGMenstruation:<https://www.twinkl.co.uk/resource/t2-p-224-menstruation-teaching-pack->Feelings:<http://www.educationworld.com/a_lesson/lesson-plan-managing-feelings.shtml>Puberty and adolescence:<https://www.twinkl.co.uk/resource/t2-p-297-my-changing-body-ks2-activity-pack>(has a good ppt with scientific diagrams and terms. Might be beneficial for Year 5 to use and Year 6 to revise)<https://www.twinkl.co.uk/resource/t-sc-147-human-growth-timeline-activity-sheet> | Y65th Class, Theme 6 my body grows and changes (Irish curriculum)- Covers top 2 LO<https://www.twinkl.co.uk/resource/t2-s-242-puberty-how-our-bodies-change-diagrams-powerpoint>Shows how the body changes through puberty. Goes into more detail from the Year 5 PPT<https://www.twinkl.co.uk/resource/tp2-s-036-planit-science-year-5-animals-including-humans-lesson-3-puberty-lesson-pack>This is similar to the one above but also has questions to make them think about myths and truths of puberty.Circle time to discuss reliable resources – where can you find out about sex? (Link to digital citizenship) |

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|   | **Body Parts**Year 5: Identify internal and external body parts**Year 6:**- Identify internal and external body parts-Explain structure and function of the reproductive system | Year 5:Labels the internal and external structure of the male and female reproductive system in relation to pubertyYear 6: Labels the internal and external structure of the male and female reproductive system.Explains function of the different parts of the male and female reproductive system.Explains the meaning of ovulation.  | Fallopian tubes 输卵管 Ovaries 卵巢 Womb 子宫 Cervix 子宫颈   Scrotum 阴囊 Testicles 睾丸 Urethra 尿道        | Y5  **Internal Boday Parts** <https://www.tes.com/teaching-resource/reproductive-organs-6128745>  **External Boday Parts** <https://www.tes.com/teaching-resource/differentiated-puberty-body-changes-worksheets-6119838>   **Reproductive system Brainpop Video**<https://www.brainpop.com/health/bodysystems/reproductivesystem/>   Menstruation/Ovulation Brainpop Video <https://www.brainpop.com/health/personalhealth/period/>   | Y6  **Internal Boday Parts** Parts of the Human Reproductive System Cut and Stick Activity Sheet <https://www.twinkl.co.uk/resource/t3-sc-117-parts-of-the-human-reproductive-system-cut-and-stick-activity-sheet>  **External Boday Parts** How Your Body Changes During Puberty Labelling Activity Sheet <https://www.twinkl.co.uk/resource/t2-s-115-how-your-body-changes-during-puberty-labelling-worksheet>    Fuction-ovulation <https://www.twinkl.co.uk/resource/t4-sc-198-menstrual-cycle-hormones-sequencing-cards>  <https://www.tes.com/teaching-resource/animated-menstrual-cycle-powerpoint-6065289>    Female reprodction <https://www.twinkl.co.uk/resource/t3-sc-51-female-reproduction-match-and-draw>    |
|   | **Body Awareness**  -Understands that personal hygiene becomes increasingly important with the onset of puberty  -Develop plans to maintain personal hygiene during puberty   -Identify substances that can be harmful to health (i.e. tobacco and alcohol)  -Describes the short and long term effects of tobacco and alcohol use.    |   1. Understands the importance of physical hygiene during puberty     2. Develop plans to maintain physical hygiene during puberty.  3. Knows some substances are age restricted and have some understanding of their affects and associated risks.  |    |   1.<https://www.tes.com/teaching-resource/differentiated-hygiene-sheets-6119834>    1 and 2 Walk Tall Unit 2 Section B 04 (P.119) - Lesson Plan <http://www.pdst.ie/sites/default/files/07%20Walk%20Tall%20Fifth%20Class_0.pdf>  <https://www.tes.com/teaching-resource/personal-hygiene-11070336>   Objective 3: [The dangers of smoking reading materials](https://www.twinkl.co.uk/resource/t2-t-1120-the-dangers-of-smoking-differentiated-fact-file)  Objective 3: The Dangers of Smoking Differentiated Reading Comprehension Activity: [link of worksheet](https://www.twinkl.co.uk/resource/t2-t-1119-the-dangers-of-smoking-differentiated-reading-comprehension-activity)  Objective 3: [The dangers of smoking group working posters](https://www.twinkl.co.uk/resource/t2-t-1071-the-dangers-of-smoking-labelling-activity-sheet)  3. [Brainpop video about smoking](https://www.brainpop.com/health/personalhealth/smoking/%22%20%5Ct%20%22_blank)  3.https://www.twinkl.co.uk/resource/t2-t-1069-the-dangers-of-smoking-powerpoint       | Y6  1.https://www.tes.com/teaching-resource/pshce-personal-hygiene-6153104   1 and 2 <https://www.tes.com/teaching-resource/personal-hygiene-11005047>       3.<https://www.twinkl.co.uk/resource/t2-s-398-year-6-keeping-healthy-alcohol-and-drugs-roleplay-teaching-pack>  3.https://www.twinkl.co.uk/resource/t2-s-397-year-6-alcohol-and-drugs-role-play-scenario-activity   3.https://www.twinkl.co.uk/resource/cfe2-p-35-alcohol-powerpoint    |