



Lesson summary

Prep

Lesson Number	Length	Topic	Content	Activities
1	50 min.	All About Me	<ul style="list-style-type: none"> • Developing an awareness of their own and other people's abilities and interests • Describing themselves in personal terms 	<p>Group Reading</p> <p>Group Discussion: Similarities and Differences</p> <p>Booklet: All About Me</p>
2	50 min.	How Things Grow	<ul style="list-style-type: none"> • Developing an awareness of the different ways that plants and animals grow • Developing an awareness that animals can be hatched from eggs or born from the mother's body 	<p>Mime: Growing</p> <p>Group Discussion: Processing the Miming Activity</p> <p>Group Discussion: Investigating How Things Grow</p>
3	50 min.	Body Parts	<ul style="list-style-type: none"> • Recognising and naming different external body parts • Identifying the body parts that make people male or female • Identifying public and private body parts • Understanding that all parts of the body have a name 	<p>Whole Group Discussion: Public Body Parts</p> <p>Worksheet: Male and Female Body Parts</p> <p>Individual Activity: Body Parts Jigsaw</p>

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4	50 min.	Public and Private Body Parts and Places	<ul style="list-style-type: none"> • Understanding the concepts of public and private body parts • Distinguishing public and private body parts • Understanding the concepts of public and private places 	<p>Group Discussion: Public and Private Body Parts</p> <p>Group Activity: Public and Private Places</p>
5	50 min. plus extra activity time	Self Protection Skills – Types of Touch	<ul style="list-style-type: none"> • Identifying Ok and No touches • Understanding the No-Go-Tell Strategy for personal safety 	<p>Group Discussion: Ok and No Touch</p> <p>Group Discussion: No-Go-Tell Strategy</p> <p>Individual Art Activity: Identifying Trusted Adults</p>
6	50 min.	Learning About Health	<ul style="list-style-type: none"> • Discussing the concept of health • Identifying actions that a person can take to care for their health 	<p>Group Discussion: What is Healthy?</p> <p>Group Activity: Healthy Actions</p>