

# RSHE Growing and Changing Lesson Overview

## Scapegoat Hill J & I School

### Reception

#### **Growing and Changing Reception**

##### **Getting Bigger** – How we change as we get bigger

- How much have you changed since you were a baby?
- How do you know you have grown?
- Which parts have grown? (Body, legs, arms, head, fingers, toes, teeth - getting/soon to get wobbly, losing baby teeth.)
- What has helped us to grow? (Eating food that gives us energy and the right vitamins and minerals to help us grow; getting rest and sleep - our bodies grow when we're asleep.)
- What can you do now that you couldn't do as a baby?

How we look similar/different to each other and people in our family. Why we look similar and different to people in our families – including how these differences could be because we have been adopted or our parents had help from other people to make us. Also look at other things about us that will be the same as our family that you can't see so well. For example, the religion or beliefs we might have, or the football team we support, or the type of food we like to eat.

##### **Human life stages** – Who will I be?

- Baby
- Child
- Teenager
- Adult
- Old age

##### **Plant and animal life cycles**

Discuss the life cycle of a butterfly/and or seed. Talk to the class about cycles - how things go round and round.

##### **Me and My Body** – Girls and Boys

Discussion about body parts and that we all as humans have private body parts that we keep private but are important too. We will explain why certain parts of our body are private/when do we do something that means we don't want others to see our private parts? (E.g. going to the toilet - keeping the door closed.)