

## Lesson Overviews Summer Term Theme: Safety and the Changing Body

YEAR 1	
<b>Safety and the changing body</b>	
Lesson 1	Communicating safely and effectively with adults at school
Lesson 2	Communicating safely and effectively with adults outside of school
Lesson 3	What to do if I get lost
Lesson 4	Making a call to emergency services
Lesson 5	Appropriate contact - acceptable and unacceptable physical contact
Lesson 6	Safety with substances - what should and shouldn't go on or in the body
Lesson 7	Safety at home - potential hazards in the home
Lesson 8	People who help to keep us safe in our local community
YEAR 2	
<b>Safety and the changing body</b>	
Lesson 1	Introduction to the internet
Lesson 2	Communicating online - not sharing personal information
Lesson 3	The difference between secrets and surprises
Lesson 4	My Private Parts - the concept of privacy and the correct vocabulary for these <i>(vocabulary: penis and vulva)</i>
Lesson 5	My private parts are private - safe and unsafe touches <i>(vocabulary: penis, vulva, testicles)</i>
Lesson 6	Road Safety 1
Lesson 7	Road Safety 2
Lesson 8	Safety with medicines
YEAR 3	
<b>Safety and the changing body</b>	

Lesson 1	Emergencies and calling for help
Lesson 2	Basic first aid - bites & stings
Lesson 3	Communicating safely online
Lesson 4	Cyberbullying
Lesson 5	Fake emails
Lesson 6	Making choices for myself
Lesson 7	Who and what can influence my decisions and how to make the right choices for me <i>(there is an optional scenario which features a character being persuaded to try some alcohol whilst at a friend's house)</i>
Lesson 8	Road safety

## YEAR 4

### Safety and the changing body

Lesson 1	Internet safety - age restrictions
Lesson 2	Internet safety - share aware
Lesson 3	Basic first aid - asthma
Lesson 4	Privacy and secrecy - the difference between the two
Lesson 5	Consuming information online - being a discerning consumer of online information
Lesson 6	Growing up - that the changes from being a child to an adult is called puberty
Lesson 7	Introduction to puberty <i>(vocabulary: breasts, genitals, penis, testicles)</i>
Lesson 8	Tobacco - the risks of smoking

## YEAR 5

### Safety and the changing body

Lesson 1	Online friendships
Lesson 2	Staying safe online

Lesson 3	<p>Puberty</p> <p><i>(vocabulary: cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, urethra, labia, penis, bladder, testicle, sperm, duct, scrotum, breasts, nipples, menstruation)</i></p>
Lesson 4	<p>Menstruation</p> <p><i>(vocabulary: menstruation, egg, ova, ovaries, fallopian tube, uterus, womb, sanitary products (towels, tampons, period pants, cups), voice breaking, erections, wet dreams, ejaculation)</i></p>
Lesson 5	Emotional changes in puberty
Lesson 6	First Aid - bleeding
Lesson 7	<p>Drugs, alcohol and tobacco - understanding the influence others can have on us</p> <p><i>(includes cigarettes and alcohol)</i></p>
<b>YEAR 6</b>	
<b>Safety and the changing body</b>	
Lesson 1	The risks associated with alcohol
Lesson 2	Critical digital consumers
Lesson 3	Social media
Lesson 4	<p>Physical and emotional changes of puberty</p> <p><i>(vocabulary: cervix, ovary, fallopian tube, uterus, vagina, vulva, clitoris, labia, penis, bladder, testicle, scrotum, sperm duct, breasts, nipples)</i></p>
Lesson 5	<p>Conception <i>(parents/carers have the right to withdraw their child from this lesson)</i></p> <p><i>(vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse)</i></p>
Lesson 6	<p>Pregnancy and birth <i>(parents/carers have the right to withdraw their child from this lesson)</i></p> <p><i>(vocabulary: sperm, egg, erection, fertilise, conception, sexual intercourse, relationship, pregnancy, commitment, baby, love, care)</i></p>
Lesson 7	First Aid - choking
Lesson 8	Basic life support