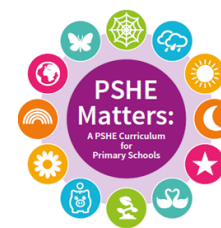




Key Stage 1 Growing Up



**St Ralph
Sherwin**
Catholic Multi Academy Trust

We are learning about how we change and grow; about our bodies and the difference between boys and girls (challenging stereotypes); the parts of the body; keeping our bodies safe.

Learning

H8 - The process of growing from young to old.

H9 - Exploring growing and changing and becoming independent.

H10 - The correct names for the main parts of the body (including external genitalia).

H13 - Identifying people who they can ask for help and think about how they might do that.

H15, R3 - Identifying ways of keeping safe and knowing they do not keep secrets.

H16 - About privacy in different contexts.

H16 - About respecting the needs of ourselves and other people.

R8 - Identifying similarities and difference.

R10 - What physical contact is acceptable.

L8 - That everybody is unique.

Useful Books



Things to discuss at home:

- Talk about the different milestones the children achieved as they grew—first steps, learning to use knife and fork etc
- What new skills are they looking forward to learning as they continue to grow? Talk about hobbies, enjoyment and aspirations for their futures.
- What is a secret? Discuss the difference between a secret and a surprise and how secrets exclude others. Talk about safety and not keeping secrets from trusted adults.
- Talk about the difference between girls and boys and challenge stereotypes (ie Do boys always have to have short hair? Can they have long hair? Can girls have short hair? etc)

Activities you could do at home:

- Find old baby photos and talk about how they have changed and grown as time has passed.

What are the PANTS rules?



Parents Advice and Support:

[Talk PANTS & Join Pantosaurus - The Underwear Rule | NSPCC](#)