

# Year 1

## Changes



### Lesson Sequence

1. We are learning to keep ourselves clean.

2. We are learning to recognise types of touch we do and do not like.

3. We are learning to explore different types of families .

# Learning for Life

Topic: Relationships and Health Education Year 1: Summer 1

Learning Question for this Term: How can we keep ourselves clean and safe?

Learning questions for the lesson:

Lesson 1: How do we  
keep ourselves clean?

# Objectives, Key Words and British Values

Learning question for the term:

How can we keep  
ourselves clean and safe?

Learning questions for the lesson:

What is hygiene?

How does it keep us clean and healthy?

Key Words and Definitions:

- Germ
- Hygiene
- Hand washing

Link to British Values:

Individual Liberty  
Mutual Respect

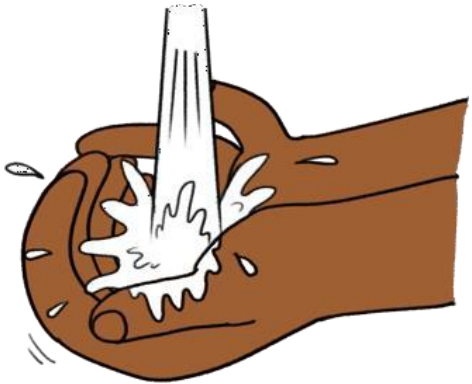


# Starter

Today's lesson is all about keeping clean and staying healthy.

An important way we can do that is by washing our hands.  
The pictures show some important times when we need to wash our hands.

Can you work out when they are?



1



3.



2.



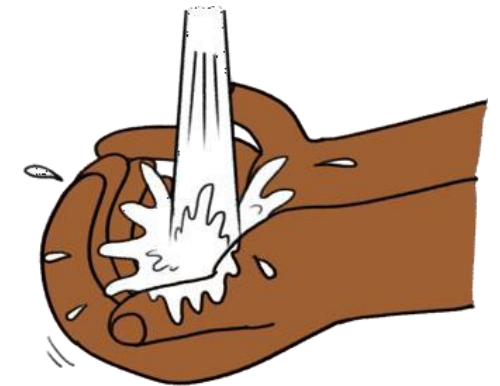
4.

# Hand washing

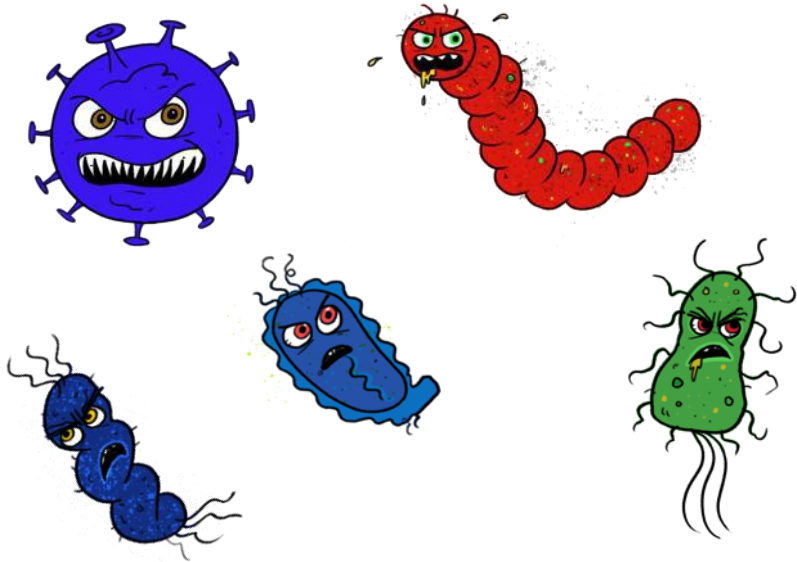


Now we know when to wash our hands.

Why do we need to wash our hands?

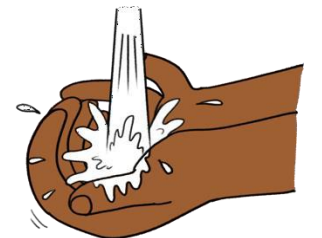


# Germs



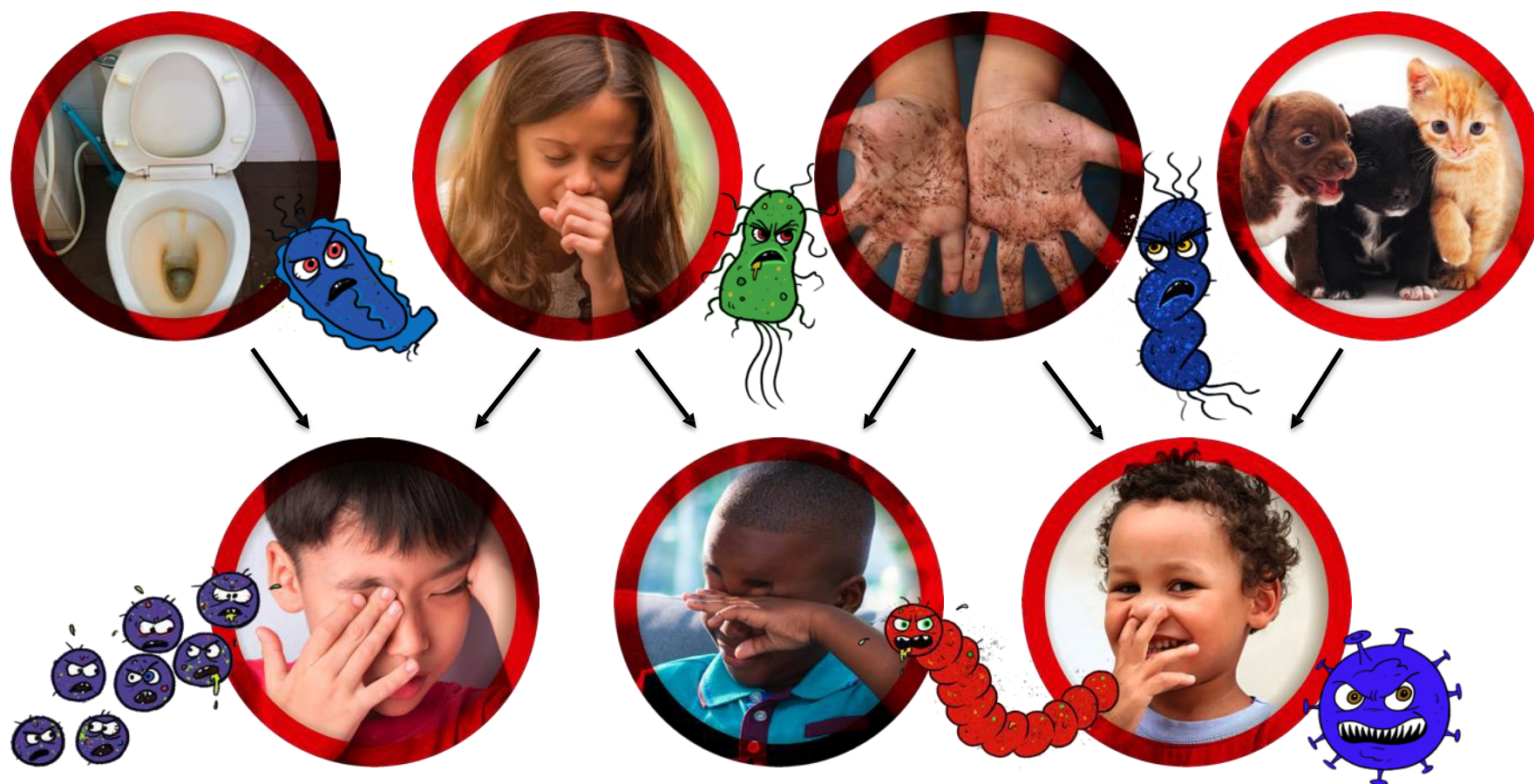
We wash our hands to get rid of germs.

We cannot get rid of every single one as they are really really tiny and too small to see with our eyes.



What germs can you see in the top row of pictures?

What will happen if these children touch their face if they haven't washed their hands?



## Seeing germs...

Let's use ultraviolet  
light to see what  
we can see ...



Are these hands clean?

# Seeing germs...

Are these hands clean?



But can I use water to get rid of germs?



Can you see all the germs we couldn't see with our eyes?

# Why we need soap!

- This bowl of water represents your skin.
- Grind some pepper on to the water.
  - the pepper represents germs
- Dip your finger into the water and take it out.  
What do you notice?
- Now coat your finger in soap and dip it into the water.
- What happens?
- Take your finger out of the water.  
What do you notice now?
- What does this tell us about soap?



# Let's sing The Handwash Song



1  
First you wet it,  
Got to wet it



2  
Then you soap it,  
Really soap it



3  
Now you palm it,  
Palm to palm it



4  
And do the backs,  
You're right on track



5  
Next you lace it,  
In between it



6  
Interlock it,  
Lock and roll it



7  
Twist a thumb,  
Another one



8  
Your fingertips,  
That's the trick



9  
Let's see you wrist it,  
Go on twist it



10  
Time to rinse it,  
Come on rinse it



11  
Last you dry it,  
Need to dry it



12  
And you're done,  
You bish, bash,  
boshed it!

# Ways to keep ourselves clean



[Keeping clean - BBC Bitesize](#)

# Ways to keep ourselves clean



# Ways to keep ourselves clean



Are there any other ways to keep clean?

# PSHE

Learning Question for this Term: How can we keep ourselves clean and safe?

Learning questions for the lesson:

## Lesson 4:

What are the different types of touch?

Kind and Unkind, Safe and Unsafe.

# Objectives, Key Words and British Values

Learning question for the term:

## How can we keep ourselves clean and safe?

Learning questions for the lesson:

What are the different types of touch?  
Kind and Unkind, Safe and Unsafe.



Key Words and Definitions:

- Touch
- PANTS Rule
- Safe and Unsafe
- Kind and Unkind

Link to British Values:

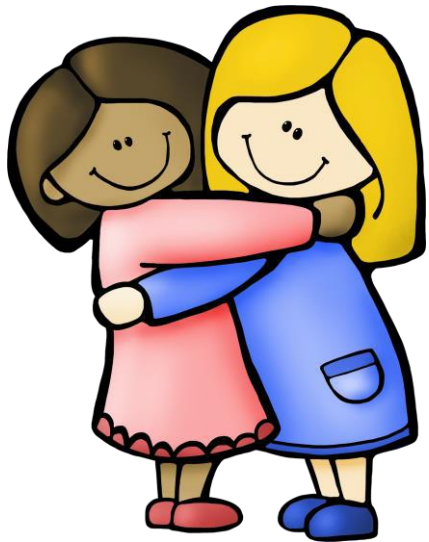
Individual Liberty

Mutual Respect

Rule of Law

# How do we say hello?

What are the different ways we could use our body to say hello to someone?



# Saying hello

Are these good ways to say hello to someone?



What is the difference between these pictures and the first pictures?

# Starter

We can recognise that punching and pushing are **unkind behaviours**.

If someone were to do that to your body it would hurt. We could fall over or be injured and that would be unsafe.

**Are there any other types of touch that could be unkind or unsafe?**

Other types could be poking, hitting, kicking, spitting or biting.

These behaviours are unkind. Why are they also unsafe?



# Safe or Unsafe...

**I am going to read a statement, if you think it is safe then go to the left side of the room.**

**If you think it is unsafe then go to the right side of the classroom.**

**When you are there, I will ask you why it is safe or unsafe and I might even ask if its kind or unkind too.**

## Number 1

Giving your mum or dad a kiss when they pick you up from school.

## Number 2

Giving a hug to an adult you don't know at the park.

## Number 3

Giving your friend a hug when they have told you they don't want one.

## Number 4

Asking to high 5 someone instead of a hug because you don't feel like a hug or don't feel safe.

## Number 5

Pushing someone in the lunch queue  
because they stepped on your toe.

## Number 6

Touching someone's bottom while they are getting changed.

# Kind and Safe Hands

On each  
finger can  
you write  
one thing  
kind hands  
do or don't  
do.



# What to do if unsafe touches happen...



# PANTS Rule

**P** is for...



**P** RIVATES  
ARE PRIVATE



# PANTS Rule

**A is for...**



# PANTS Rule

**N** is for...



# PANTS Rule

T is for...



# PANTS Rule

**S** is for...



# PANTS Rule



**The Talk PANTS rules!**

# PSHE

Learning Question for this Term: How can we keep ourselves clean and safe?

Learning questions for the lesson:

**Lesson 3: What different types of families are there?**

# Objectives, Key Words and British Values

Learning question for the term:

## How can we keep ourselves clean and safe?

Learning questions for the lesson: What different types of families are there?



Key Words and Definitions:

- family
- relationship
- similar
- different
- trusted

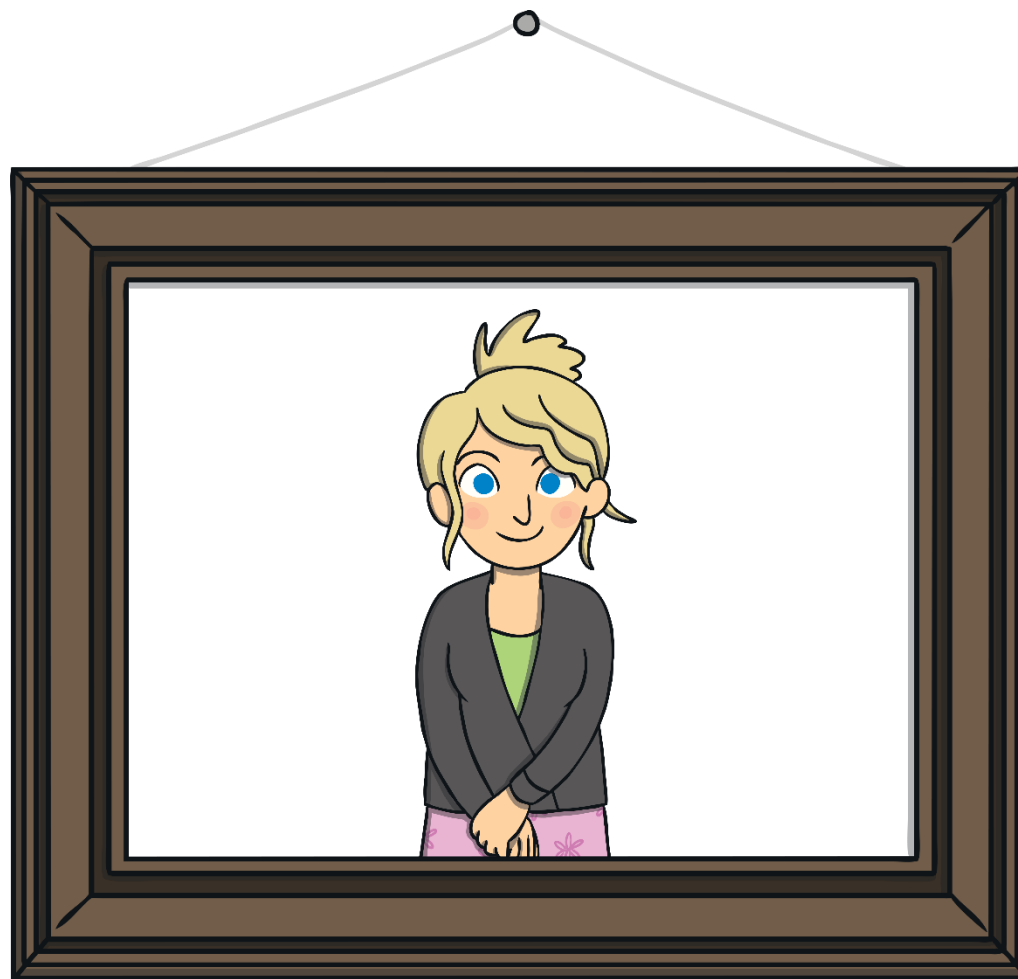
Link to British Values:

Individual Liberty  
Mutual Respect

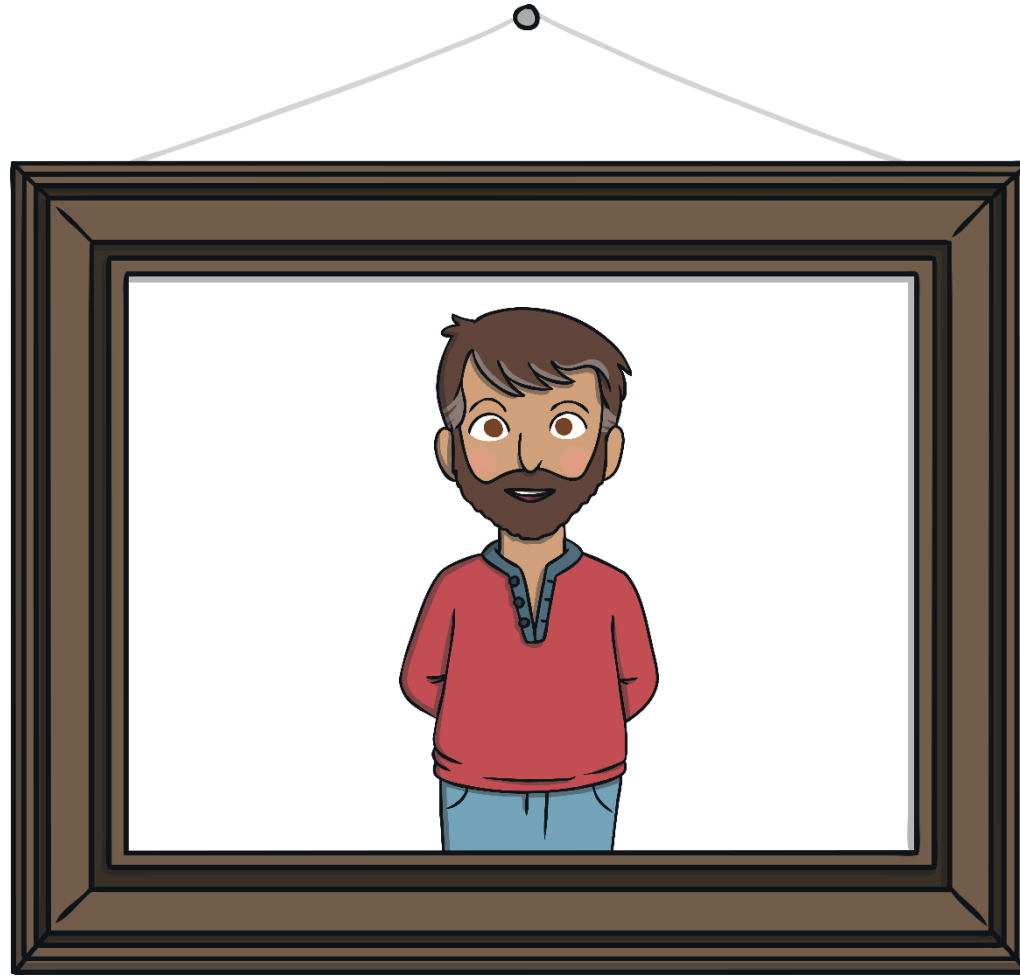
# Starter

Who are your family members?

# Mum



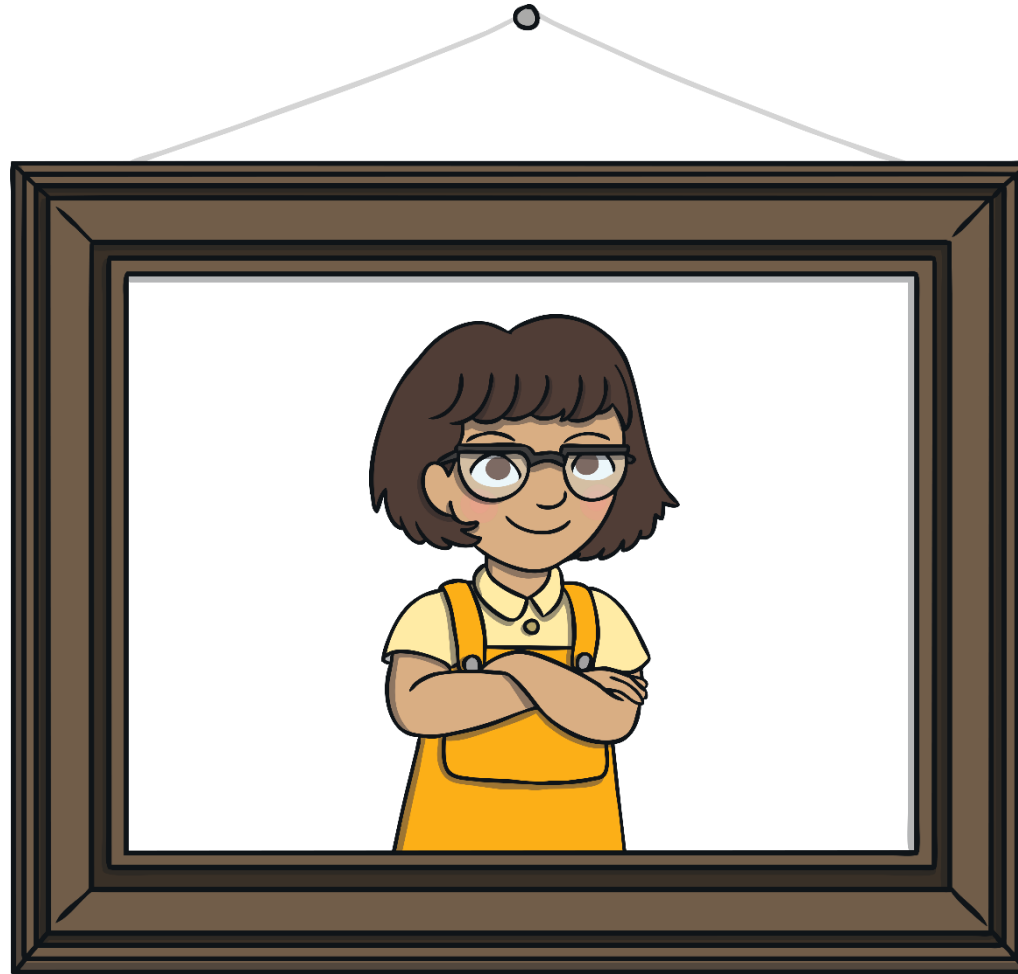
Dad



brother



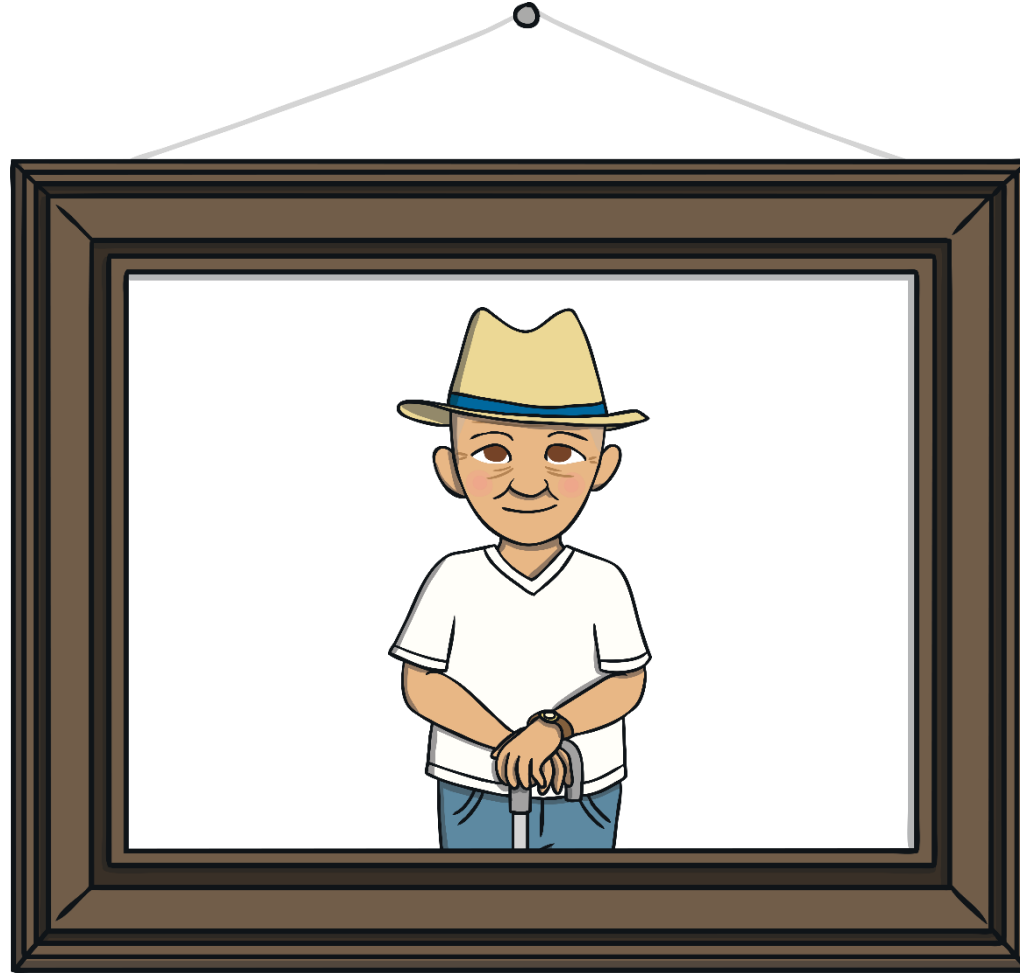
sister



# Grandmother



# Grandfather



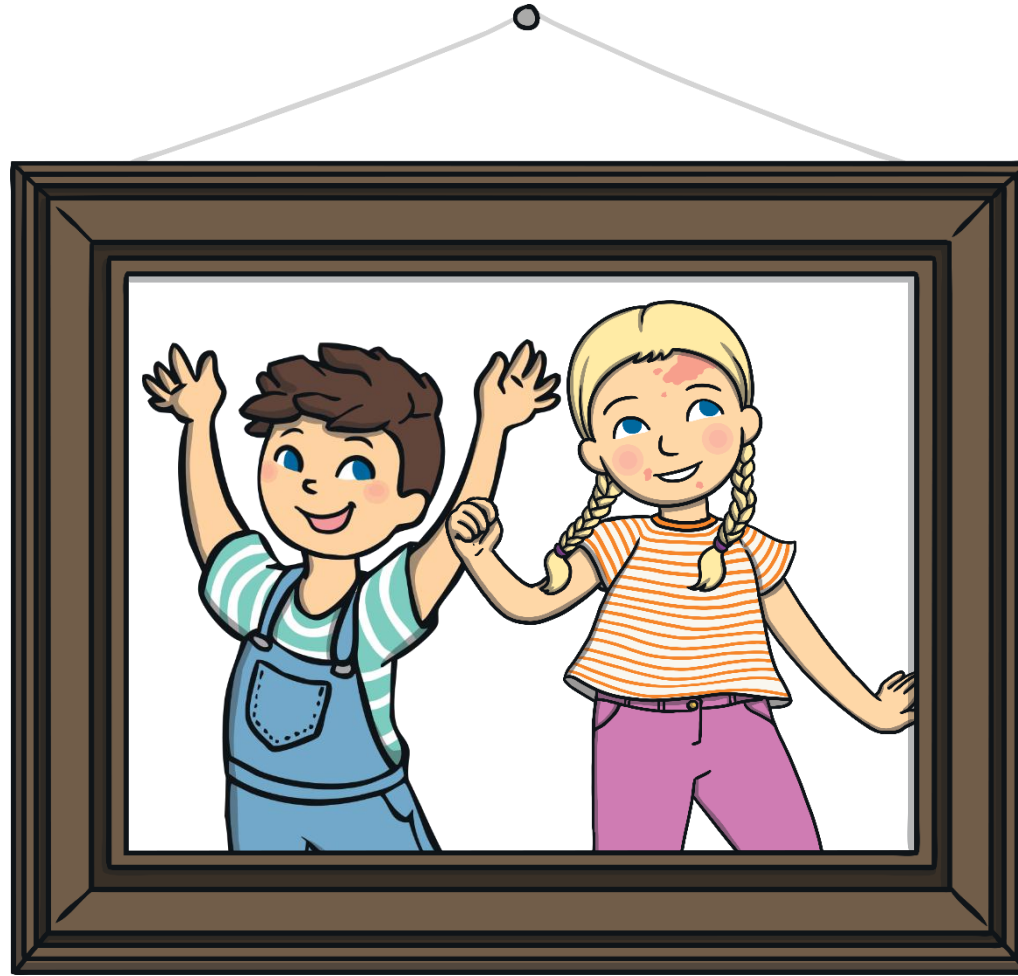
uncle



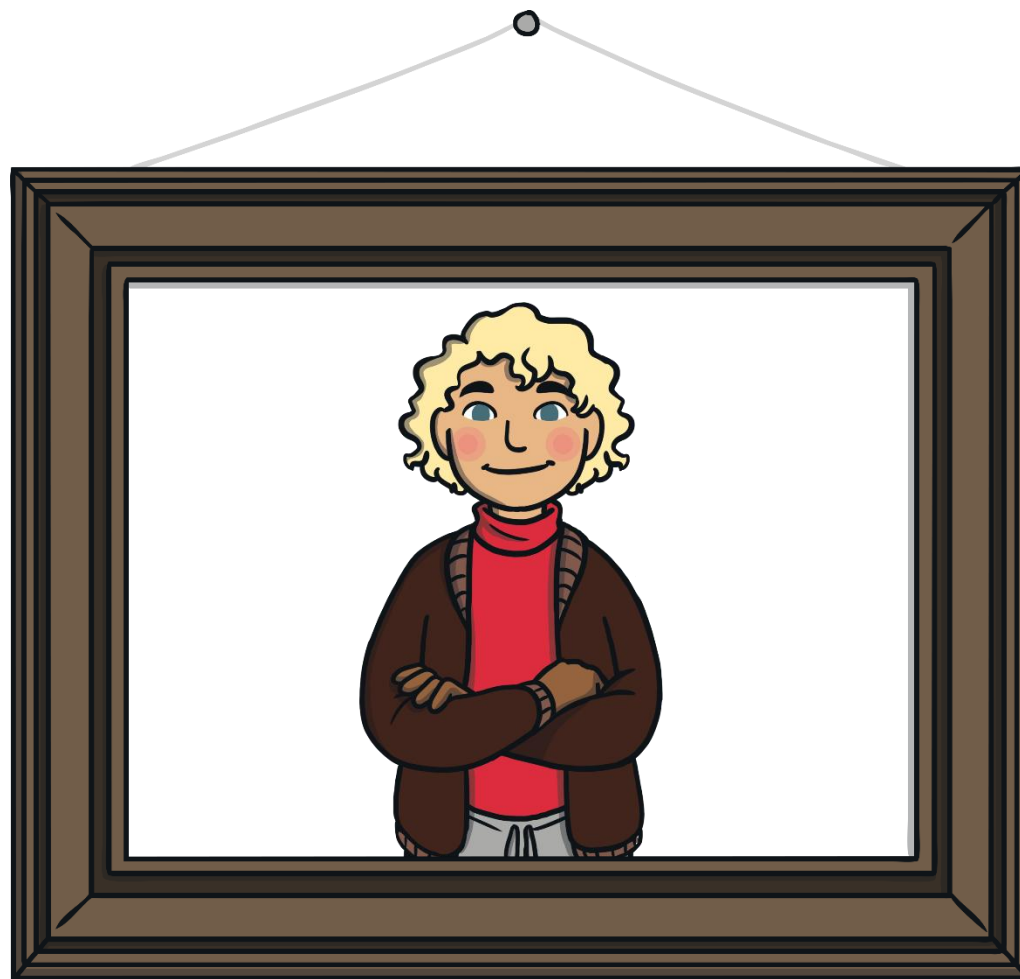
aunt



cousins



carer



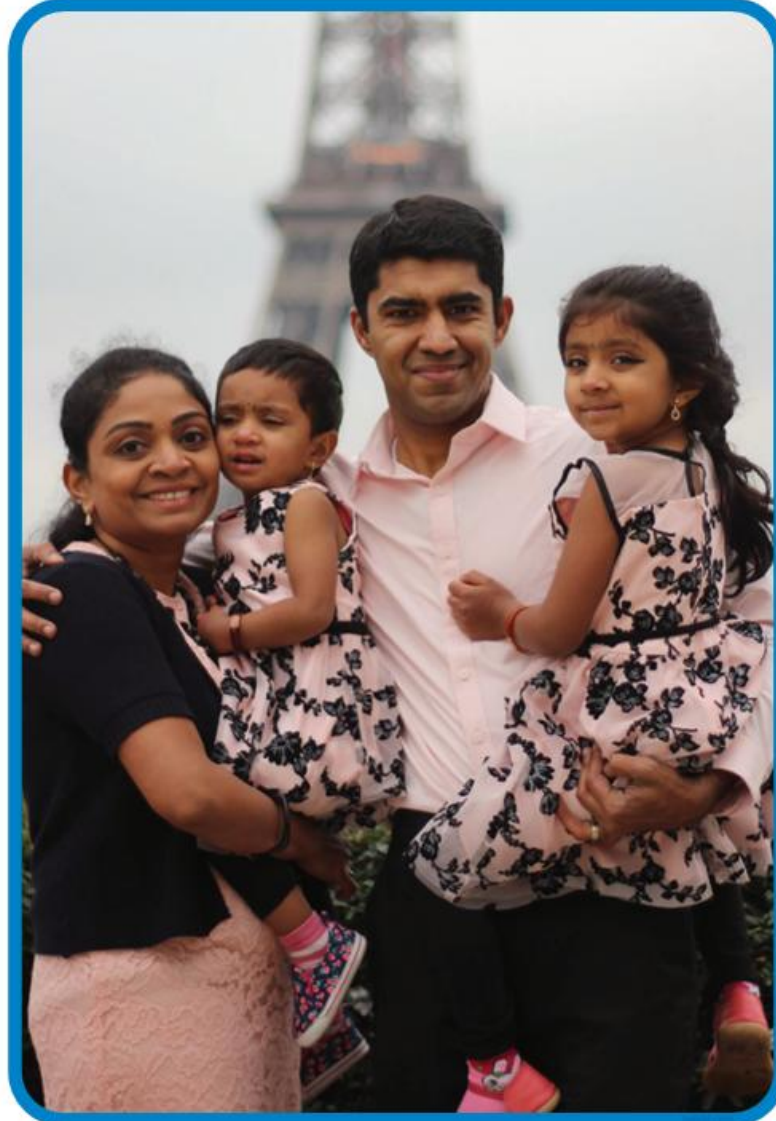
# Different families



# Different families



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# Different families



# Different families



# Different families



# Different families



# Different families



# Different families



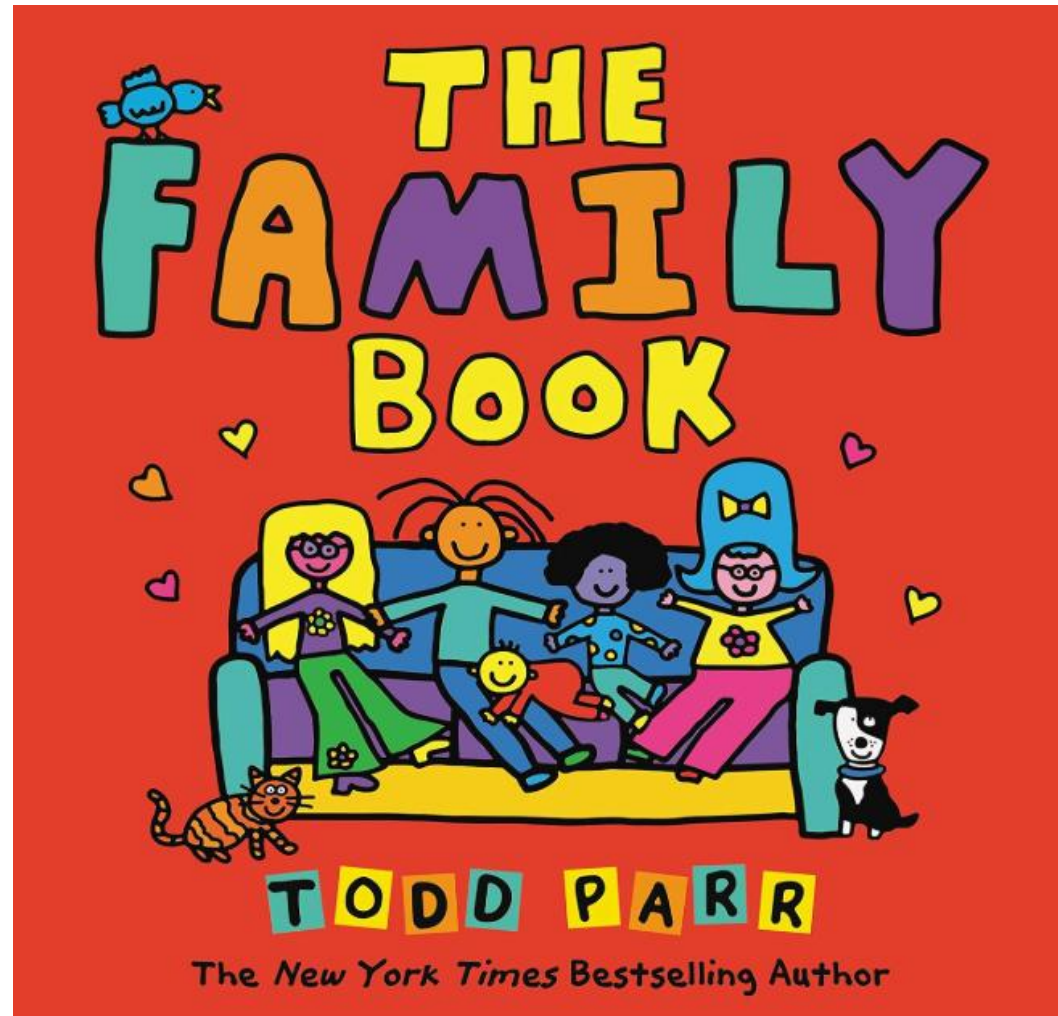
# Different families



# Different families



# The family book



We are going to write about our families

Who can we talk to if we have any worries?

# Our trusted adults

Our mum and dad

The police

The doctors and nurses

Our teachers

Our grandparents

Our aunty and uncle