



Topic: Relationships (Ourselves and others; similarities and differences; individuality; our bodies)

Question: What is the same and different about us?

Learning Expectations:

In this Unit pupils will learn:

- What they like/dislike and are good at
- What makes them special and how everyone has different strengths
- How their personal features or qualities are unique to them
- How they are similar or different to others, and what they have in common
- To use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private

Programme of Study References

H21, H22, H23, H25, R13, R23, L6, L14

Key Websites:

[PSHE Association – Inclusion, belonging and addressing extremism, \(KS1\), 'Sameness and difference'](#)

[Medway Public Health Directorate - Primary RSE](#)

[Lessons \(KS1\), Lesson 3, 'Everybody's body'](#)

[NSPCC – The underwear rule resources \(PANTS\)](#)

Cross Curricular:

Art ~ R.E ~ Science

Prior learning: Children to have discussed their likes, dislikes, interests, talents and skills.

Future learning: To enable children to develop successful collaborative working skills, such as good listening and the importance of being kind to others, the effects of bullying and teasing what to do about it if they see it happening to others or if it happens to them.

Essential Knowledge:

- I know different feelings change the way I feel.
- When I make right choices this effects my physical and emotional health.
- If I make any wrong choices, this can have a not so good consequence.
- I know that I am unique and there is not another me.
- I know my strengths and weakness and these may be different to others.
- I know what makes me different and that everyone is not the same.
- I can name the different parts of my body.

Key Vocabulary:

Feelings, physical, health, emotional health, unique, consequence, confidence, strength, weakness, skills, talents, gifts, qualities, confidence, interests, likes, emotional wellbeing, mental health, disagree, speak, strategies, opinions, thoughts, feelings, voice, discussions, kind, penis, vulva, testicles, chest.