



## Lesson plan for relationships and sex education

Vocabulary used and taught in this lesson

Egg, seed, grow, change

**Lesson name: Plants, animals and humans**

### Introduction

Talk to the class about cycles - how things go round and round. Can they think about things that go round and round? Take ideas from the children. Explain that things that live - like plants, animals and people - also have cycles; these are called life cycles.

Show them a film clip of a life cycle. Suggested examples include a frog, seed or butterfly.

Depending on the time of year you may have a hatchery with eggs, or for butterflies, or a tadpole pond to which you can also refer.

After watching the clips and ask the children:

- What happens at the beginning of the cycle? (egg/seed comes from a mother or adult plant)
- What happens next (it grows and changes)
- Does it keep on growing? (If using a frog or butterfly)
- Does it change name? (Yes. Tadpole now frog. Caterpillar now butterfly)
- What does it do once it stops growing? (Flies away/jumps away/leaves its home)
- Why do you think that happens? (Hungry/needs food/to meet friends/meet another frog or butterfly to make more frogs or butterflies and then the cycle begins again.)

Ask the children if they can name any other animals that this might happen to? And can they name the baby? E.g. lamb to sheep, puppy to dog, calf to cow, piglet to pig.

### Activity

Draw the life cycle of a sunflower. Name each picture/stage and label this, with help if needed.

Plant and grow beans or sunflowers, the children could think about what the plant needs to grow. You could do an experiment by placing seeds in various environments to learn what plants need (water, sun, soil).

### Plenary

Have a class diary for recording changes in the plants.

**Continuous provision:**

Outdoor or indoor play to explore planting and growing seeds.

Have butterflies in a hatchery.

Observing/drawing pictures/handling/caring for plants.

Puzzles, games or activities that involve matching baby animals/insects to their mothers. If you don't have such a resource you could use images sourced online.

**Learning outcomes:**

- To understand that animals and humans change in appearance over time.
- Use relevant vocabulary such as egg, seed, baby, grow, change, old, young (and the names for young animals).
- Make observations and ask questions about living things.
- Understand that there are changes in nature.