



Lesson plan for relationships and sex education

Then and now – taught as part of ‘animals including humans’ in science

Vocabulary used and taught in this lesson:

Change, grow, baby, child, toddler, adult,

Introduction

- What changes have happened to you since you were a baby?
- How do you look different to when you were a baby?
- What are the things you can do now that you couldn't do when you were younger?
- What are the things you are still learning to do?

Watch the film showing Harold and his photo album.

- What were all the different things that Harold was learning to do?
- Who can do those things in this class?
- What is Harold learning to do in the last picture?
- Who here can ride a bike? [Some of you can and some of you are still learning.]

As well as our bodies changing, the things we can do also change.

Activity

Pictures of children as babies sent in from home.

Children have a photo of themselves as a baby and a photo of them now.

Write down some things that have changed from when you were a baby to now.

Plenary

Bring the children together and let them share their writing. Congratulate them on all the things that they have learnt to do as they've grown.

Ask:

- What do you think made us grow? [food, rest and sleep, care]
- Who helped us grow? [people who look after us]

Learning outcomes:

Children will be able to:

- Identify things they could do as a baby, a toddler and can do now;
- Identify the people who help/helped them at those different stages.