



# Athersley South Primary School

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[www.athersleysouth-primary.co.uk](http://www.athersleysouth-primary.co.uk)

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## Me and My Body - Year 1/2

Dear Parents/Carers,

This term we will be learning about how our bodies change and grow and how we can keep ourselves safe and healthy.

The statutory science national curriculum objectives across Year 1 and 2 include:

- identify, name, draw and label the basic parts of the human body
- notice that animals, including humans, have offspring which grow into adults
- find out about and describe the basic needs of animals, including humans, for survival describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

This learning links in really well with our PSHE work from the national curriculum for health and relationships, where the objectives we will cover are:

- To be able to name and label different parts of girls' and boys' bodies.
- To know which parts of my body are private and which parts should be touched.
- To know how other children are similar or different to me.
- To know how some diseases spread and how I can be responsible for my own health and that of others.

At Athersley South we are passionate about delivering a curriculum that provides all of our children with the skills, knowledge and confidence they need to live healthy, happy and successful lives now and in the future.

We cover the national curriculum for science and the health and relationships curriculum in personal, social, health, economic education (PSHE). Through this, we aim to teach our children to understand their bodies and how they can keep themselves safe, healthy and happy as they are growing and changing.

During these lessons, children may ask questions and all staff in our school will respond to these with sensitivity and kindness and provide the relevant facts at an age-appropriate level. Your children may also ask you questions in their safe home space to clarify their understanding or share any worries they have about their changing bodies.

If you have any questions about the lesson content or concerns over any of the national curriculum objectives, please speak to your child's class teacher or myself as subject co-ordinator who will be able to share the resources and explain the content in more detail.

Many thanks,

Miss Milner



**Vocabulary Learnt in Me and My Body Topic.**

This page breaks down vocabulary into the year it will be introduced. I hope it helps to support you and your child/ren at home if they have questions or worries.

**In Year 1 and Year 2**

similar  
different  
boy/girl  
male/female  
private parts  
penis  
vagina and vulva  
clean