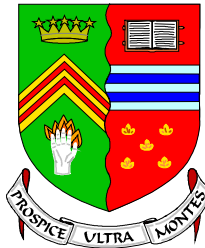


# Health for Life Programme Dunblane Cluster Learning Intentions and Vocabulary list



## Dunblane Primary School



# Primary 1

## Differences Lesson 1

Learning Intention:- To introduce children to Life Cycles

Key Vocabulary:

- Differences
- Cycle
- Life

## Differences Lesson 2

Learning Intention:- To explore the differences between male and female

Key Vocabulary:

- Boy Man
- Penis
- Woman
- Girl
- Vagina
- Female
- Male
- Body Parts

## Differences Lesson 3

Learning Intention:- To reflect on differences between male and female other than physical differences

Key Vocabulary:

- Likes  
Dislikes  
Similarities
- Differences

# Primary 2

## How did I get here? Lesson 1

Learning Intention:- To explain that a baby develops inside it's mother's womb and that both male and female sex parts are needed to make a baby

### Key Vocabulary:

- Pregnant
- Birth
- Hospital
- Womb

## How did I get here? Lesson 2

Learning Intention:- To enable children to reflect on their development from babies

### Key Vocabulary:

- Boy
- Man
- Penis
- Female
- Male
- Woman
- Vagina
- Girl
- Body Parts

## How did I get here? Lesson 3

Learning Intention:- To inform the children about conception and the growth of a baby in the womb

### Key Vocabulary:

- Fertilisation
- Foetus
- Ovaries
- Penis
- Pregnant
- Testicles
- Vagina
- Womb

# Primary 3

## Growing Up Lesson 1

Learning Intention:- To show that we grow and change, as do all living things

### Key Vocabulary:

- Baby
- Birthday
- Cake
- Celebration
- Change
- Child
- Grandparent

## Growing Up Lesson 2

Learning Intention:- To show that some changes are social, that we become more independent and able to think about others as well as ourselves

### Key Vocabulary:

- Growing
- Relations
- Grown-up
- Adult
- Toddler
- Parent
- Teenager Family

## Growing Up Lesson 3

Learning Intention:- To look at identity and self esteem and reinforce the belief that we are all special

### Key Vocabulary:

- Special
- Invitations
- Congratulations
- Celebrations

# Primary 4

## Lesson 1

Learning Intention:- To introduce the main organs and their functions

### Key Vocabulary

- Heart
- Lungs
- Liver
- Kidneys
- Digestive System

## Lesson 2

Learning Intention:- To understand the importance of personal hygiene

### Key Vocabulary

- Germs/bacteria
- Hygiene
- Bacteria

## Lesson 3

Learning Intention:- To introduce the life processes common to humans and other animals (with particular focus on reproduction)

### Key Vocabulary

- Nutrition
- Movement
- Growth
- Reproduction
- Fertilisation
- Ovaries
- Breasts
- Womb
- Vagina
- Pregnant
- Penis
- Testicles

## **Lesson 4**

Learning Intention:- To recognise, name and deal with feelings positively

### **Key Vocabulary**

- Excited
- Scared
- Angry
- Upset
- Happy
- Sad
- Worried

# Primary 5

## Lesson 1

Learning Intention:- To introduce children to the physical and emotional changes that occur as they grow

### Key Vocabulary

- Changes
- Growing

## Lesson 2

Learning Intention:- To consider some of the changes over which we have no control and the choices we can make concerning those over which we do have control

### Key Vocabulary:

- Puberty
- Ovaries
- Vagina
- Clitoris
- Periods
- Menstruation
- Sanitary Protection
- Penis
- Breasts
- Testicles
- Scrotum
- Sperm
- Semen
- Womb

## Lessons 3 & 4

Learning Intention:- To help the children improve their understanding of changing feelings and how to develop effective relationships

## **Lesson 5**

Learning Intention:- To raise awareness that the children have a role and responsibility in keeping themselves safe

## **Lesson 6**

To explore the idea of relationships, namely friendships.

### **Key Vocabulary:**

- Caring
- Friend

# Primary 6

## How Babies Are Made      Lesson 1

Learning Intentions:-

- To explore the idea of relationships, including parent-child ,and family relationships and adult sexual relationships.
- To explain how babies are made.

### Key Vocabulary

- Conception
- Egg
- Fertilisation
- Honesty
- Love
- Making love
- Sexual relationship
- Sperm
- Trust
- Womb

## How Babies Are Born      Lesson 2

Learning Intention:-To explain how a baby develops

### Key Vocabulary

- Love
- Egg
- Sperm
- Womb
- Fertilisation
- Making love
- Sexual intercourse
- Clitoris
- Menstruation

### **How Babies Are Born Lesson 3**

Learning Intention:-To explain how a baby develops in the womb during pregnancy.

#### **Key Vocabulary**

- Hospital
- Scan
- Growth

### **How Babies Are Born Lesson 4**

Learning Intention:- To explain how babies are born

#### **Key Vocabulary**

- Midwife
- Vagina
- Birth
- Umbilical cord

# Primary 7

## Lesson 1

Learning Intentions:-

- To establish the knowledge base of the Primary 7 class
- To introduce a method of communication to address questions or concerns and worries the class may have

### Vocabulary

- Sexual health

## Lesson 2      Girl Talk

Learning Intentions:-

- To consider the physical and emotional changes that take place as girls go through puberty
- To address the concerns and worries of young women

### Vocabulary

- Crush
- Hormone
- Menstruation
- Period
- Puberty
- Sexual attraction

### **Lesson 3      Boy Talk**

Learning Intentions:-

- To consider the physical and emotional changes that take place as boys go through puberty
- To address the concerns and worries of young men

Vocabulary

- Girlfriend
- Masturbation
- Puberty
- Relationship
- Shaving
- Spots
- Wet dream

### **Lesson 4      Girl Talk and Boy Talk**

Learning Intentions:-

- To make boys more aware of the changes that occur as girls become young women
- To make girls more aware of the changes that occur as boys become young men

Vocabulary

- All vocabulary covered in Boy Talk and Girl Talk Lessons 2 and 3

### **Lesson 5      Let's Talk About Sex**

Learning Intentions:-

- To consider how sex is presented in the media
- To consider sexual stereotyping
- To reassure pupils that their changing emotions are a normal aspect of puberty

Vocabulary

- Condom
- Gay
- Gender
- Lesbian
- Media
- Relationship
- Stereotype

# Feel Think Do

## Lesson 1

- The need to recognise the physical signs of feeling unsafe.
- Everyone responds differently to fear
- Feelings of safety

## Lesson 2

- The responsibility we have to keep ourselves safe.
- The safety continuum
- Risk assessment

## Lesson 4

- Different kinds of touch
- Saying NO

## Lesson 5

- Secrets

## Lesson 6

- Persistence
- Recap 'feel think do' strategy

## Review

- Plenary review of all messages of 'feel think do'