

# Who am I and where am I from?

What makes me who I am?

## Essential/Core Vocabulary

**Family** - The people who love and care for you.  
**Home** - The place where you live.  
**House** - A building where people live.  
**Body** - All the parts that make you.  
**Head** - The top part of your body where your brain is.  
**Arms** - The parts of your body you use to lift, carry and hold things.  
**Legs** - The parts of your body you use to walk, run and jump.  
**Senses** - The five ways our body helps us learn about the world.  
**Healthy** - Looking after your body so it can grow strong and stay well.  
**Exercise** - Moving your body to help keep it healthy and strong.  
**Teeth** - Hard white parts in your mouth that help you bite and chew food.  
**Dentist** - A person who helps keep our teeth healthy.

## Links to our core values...

**Love** - Valuing ourselves and others as unique individuals and caring for our bodies.  
**Friendship** - Celebrating different families and building positive relationships with others.  
**Respect** - Respecting ourselves by making healthy choices and respecting the differences between people.

## Key Knowledge

- Every person is unique. We all have things that make us special.
- Families are all different. Everyone has a family history.
- People live in different homes. Homes can look different depending on where people live.
- Our bodies have different parts and each part has an important job.
- We use our five senses to find out about the world around us.
- Healthy food, water, exercise, sleep and good hygiene help our bodies grow and stay healthy.
- Brushing our teeth, eating healthy foods and visiting the dentist help keep our teeth healthy.

## Lesson 1 - Who Am I?

LO: To talk about myself and what makes me special.

## Lesson 2 - My Family and Where I Live

Learning Objective: To know that families and homes are all different.

## Lesson 3 - My Amazing Body

LO: To identify the main parts of my body and describe what they do.

## Lesson 4 - My Five Senses

LO: To investigate how we use our five senses.

## Lesson 5 - Keeping My Body Healthy

LO: To understand how to keep my body healthy.

## Lesson 6 - Looking After My Teeth

LO: To know how to keep my teeth healthy.

## End Point Activity: My Amazing Me Learning Book

Overview - Children create a simple booklet to show what they have learned about themselves. They include their family, home, body, five senses, healthy choices and how to care for their teeth.

