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.

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.

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.



Lesson 1 – Who Am I?
LO: To talk about myself and what makes me special.

Lesson 2 – My Family and Where I Live
LO: 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.

Small steps
Bright futures