

### What will I learn in this unit?

What does my body look like? How has my body changed as it has grown?

What can my body do? What differences and similarities are there between our bodies?

How can I look after my body and keep it clean?

How am I learning to take care of myself and what do I still need help with?

Who are the members of my family and trusted people who look after me?

### Key Vocabulary and definitions

**Body parts:** head, shoulders, knee, toes, arms, legs, eyes, ear, penis and vulva

**Similarities-** Similarities could be **age, interests, hobbies, likes, dislikes** etc. There will be lots of things that you have in common with your friends. You go to the same school and you might live in the same area. You might support the same football team or go to the same swimming pool.

**Differences-** a point or way in which people or things are dissimilar:

**Hygiene:** conditions or practices conducive to maintaining health and preventing disease, especially through cleanliness:

