



**Title:** My body: Names of parts of the body and their functions

**Level:** Second

**Code:** 2.1.1

**Links to Curriculum for Excellence**

Experiences and outcomes	Benchmarks
I recognise that how my body changes can affect how I feel about myself and how I may behave. HWB 2-47a I can describe the physical and emotional changes during puberty, understand why they are taking place and the importance of personal hygiene. HWB 2-48a	<ul style="list-style-type: none"> <li>• Uses correct terminology for all private body parts and reproductive organs, for example, breasts, clitoris.</li> </ul>

**About this activity**

Through this block of activities children will learn about how their bodies change with puberty. We start by exploring the body-part names (genitals and reproductive organs). Some of the body-part names will refer to external/visible body-parts, but some will refer to internal organs, which will help later learning about menstruation and reproduction.

Children may already know some of the names for parts of their body, some may need to learn this for the first time or have their knowledge refreshed. If you are aware that the children have done some prior learning at First Level then the start of the activity can be used to assure them that you acknowledge they know some of this, but that there will be a bit of a refresh before learning new things.

While the activity is clear about the terminology we will use in RSHP learning, it is important that learners feel they can use other terms to ask questions or ensure understanding, the teacher/educator should respond to any queries using the terminology we are learning through the activity. Please do not reprimand a child for using a word that they may use at home or with friends. Information is provided to explain to parents what this block of learning is about, with encouragement that the same vocabulary is used at home.

**Resources to support this activity**

- Illustrations of external genitalia and internal organs.
- Cards with names of body parts and explanations of their purpose.
- Body Diagram activity
- Male and Female body illustrations

## Activity

1. RSHP learning is enhanced if children can sit together, as in circle time. If possible, start the activity in this way. Begin with an introduction that explains to the children that they will be doing a series of learning activities where they will learn more about their bodies. and how their body changes as they grow up – the process of change is called puberty.
2. Explain that what we are talking and learning about in this lesson are the names of body-parts that before we may have called our private parts. Acknowledge that there might be some words they know, and some will be new.
3. We will start with parts of the body that are on the outside of the body. Share the images of both boy and girl bodies on the white/smart-board. Explain that the children will work with a partner and on the drawings provided they will take the names of body-parts and label them on the drawing. Reassure the children that this is not a test, some names they will know, some they might not know or remember.

### *Words for the boy image:*

Arm	Head	Nipple
Bottom	Knees	Penis
Ears	Leg	Scrotum/Testes
Eyes	Mouth	Toes
Hand	Nose	

### *Words for the girl image:*

Arm	Head	Nipple
Bottom	Knees	Toes
Ears	Leg	Vulva
Eyes	Mouth	
Hand	Nose	

4. Bring the children back together and go over the words, asking for contributions as to where children placed each 'name'. Take time to explain these terms to the children (suggested text below), even if the labels were placed accurately:

**Nipples:** Both boys and girls have nipples. When a girl grows, she will develop breasts. If a woman has a baby, then she can breast feed her baby; the baby would get milk from its mum's nipples. Sometimes people ask, "so, why do boys have nipples?" Boys have nipples because all life begins as female. So, if the baby that is growing inside mum becomes a boy, he will still have nipples.

**Penis:** Boys have a penis. When a boy has a pee, it comes out of his penis. When we learn more about how babies are made, we will learn more about the penis.

**Scrotum and testes:** This is the sack of skin that hangs under the boy's penis. Inside there are the testes. Again, in another lesson we will learn more about this.

**Vulva:** Girls have a vulva. When a girl has a pee, it comes out of her vulva. (N.B. If a child uses the word vagina to describe this part, you can respond with: Sometimes people use the word

vagina, but the vagina is actually just the bit inside the girl. So, if you are a girl, the bit you see between your legs when you look at your body is your vulva.)

5. Explain that the class/group will now think about parts of the body that aren't parts we can see, but are important. Ask if any of the children can name a part of the body that is inside? If there are no immediate responses, ask: *What organ in our body pumps blood around and we can hear it beating? When we eat food or take a drink where does it go? (Follow the journey of the food from mouth, throat, stomach, bowel, kidney, bladder, intestines....)*
6. Explain that today the class/group will also think a bit more about the parts of our bodies that are inside and are connected with some of the visible body-parts that we talked about earlier. So, we will learn about the body-parts called genitals (the private parts of our bodies covered by the pants rule – remember that?) and sometimes called reproductive organs; they are sometimes called reproductive organs because they are also used to make babies.
7. Share the image of **the male body**, with parts of the body identified. Explain what the children are looking at, and that you will tell them some names of parts of the body, with an explanation of each. As you use the words that we want children to learn ask, *“do you maybe have another word for this part of the body?”* Point and give the information on each, ensuring clarity as you go, taking any questions that arise:
  - Anus:** This is the opening at the end of your digestive track, its where the poo comes out.
  - Bladder:** This is where the body collects and stores urine from the kidneys before you pee.
  - Foreskin:** This is the skin that covers the top of the penis. If it is removed (because it is too tight, or as they do in some religions) this is called circumcision.
  - Penis:** This is the male sexual organ. It is used to pee and to release sperm.
  - Scrotum:** This is the sack of skin that holds the testes.
  - Testes:** These are the male reproductive organs that produce sperm.
8. Then share the image of **the female body**, with the names and purpose of each named part. As you use the words that we want children to learn also ask, do you maybe have another word for this part of the body? Same process as earlier about these words:
  - Anus:** This is the opening at the end of your digestive track, its where the poo comes out.
  - Bladder:** This is where the body collects and stores urine from the kidneys before you pee.
  - Clitoris:** This is the female sexual organ.
  - Labia:** These are folds of skin, part of the vulva.
  - Ovary:** This is where the egg's cells are made, they travel to the uterus and can be fertilised by sperm.
  - Uterus/Womb:** This is where the foetus (baby) grows and develops during pregnancy.
  - Vagina:** Part of a woman's genitals, it goes from the vulva to the cervix.
  - Vulva:** This is the external female sex organ, the part you can see.
9. Ask the children to work with a partner and take unlabelled illustrations with a list of words, as a pair their challenge is to identify for themselves what the parts of each male and female body are called. (You may want to leave the labelled illustration up/available, or nearby for children to check if they are stuck)
10. To end, gather back together and review the names of the internal organs/body parts.

## Connecting with home

The text below could be used to communicate with home about the activities in this short block of learning.

The children are working on the topic of **my body**. They will be learning about how their body changes with puberty. All children will learn about menstruation (a girl having their period), about how feelings can be strong with puberty, about keeping their body healthy and about personal hygiene. The learning activities will help the child build a positive relationship with their body. They will also learn the correct names for male and female genitals and learn about the reproductive organs, so that we can learn in later lessons about how babies are made, pregnancy and birth. The words that the children will learn in the first lesson are these, and they are described as follows:

<b>Male body: the words we use</b>	<b>Female body: the words we use</b>
<p><b>Anus:</b> This is the opening at the end of your digestive track, its where the poo comes out.</p> <p><b>Bladder:</b> This is where the body collects and stores urine from the kidneys before you pee.</p> <p><b>Foreskin:</b> This is the skin that covers the top of the penis. If it is removed (because it is too tight, or as they do in some religions) this is called circumcision.</p> <p><b>Penis:</b> This is the male sexual organ. It is used to pee and to release sperm.</p> <p><b>Scrotum:</b> This is the sack of skin that holds the testes.</p> <p><b>Testes:</b> These are the male reproductive organs that produce sperm.</p>	<p><b>Anus:</b> This is the opening at the end of your digestive track, its where the poo comes out.</p> <p><b>Bladder:</b> This is where the body collects and stores urine from the kidneys before you pee.</p> <p><b>Clitoris:</b> This is the female sexual organ.</p> <p><b>Labia:</b> These are folds of skin, part of the vulva.</p> <p><b>Ovary:</b> This is where the egg’s cells are made, they travel to the uterus and can be fertilised by sperm.</p> <p><b>Uterus/Womb:</b> This is where the foetus (baby) grows and develops during pregnancy.</p> <p><b>Vagina:</b> Part of a woman’s genitals, it goes from the vulva to the cervix.</p> <p><b>Vulva:</b> This is the external female sex organ, the part you can see.</p>

We use these terms because they help to remove any embarrassment or shame when talking about these body parts. Also, knowing these words means that children can explain clearly if they are unwell or have a worry. Knowing these terms help to protect children because they also learn that these parts of the body are private. We would encourage parents and carers to use the same terms at home, we do understand that families often have informal body-part terms that they use, but we would ask that you take on board the need to use the same terms as school.

## Further learning activities are available that connect to this RSHP curriculum content

- 2.1.2 My body is changing (inc menstruation)
- 2.1.3 It’s my body and I like it
- 2.1.4 Feelings and puberty
- 2.1.5 Personal hygiene

## Practitioner Notes

