


Family Life and Comprehensive Sexual Health Education (K-1) Lesson Plan

	Topic: Your Body	Date:
Objectives	<ol style="list-style-type: none">1. Students will be introduced to male and female anatomy.2. Students will become familiar with the names of some parts of the body.3. Students will understand the difference between private and not private body parts.	
State Standards	<ul style="list-style-type: none">• Physical Development and Health<ul style="list-style-type: none">○ Goal 23: Understand human body systems and factors that influence growth and development.	
Content	Learning the names of male and female body parts.	
Time	Two 20-minute sessions	
Materials	Copies of “My Body” (one for each student), colored pencils, markers or crayons, index cards, tape.	
Learning Activities	<ol style="list-style-type: none">1. My body.<ol style="list-style-type: none">a. Give students copies of “My Body” student page. (Each student should be given the picture that matches their gender.)b. Using a copy of the “My Body” student page, hold the page up for the class to see and read the name of each body part in the order on the page. After you read each word point to the corresponding body part.c. After you have reviewed the names and corresponding body parts with the students read the names again but this time have students draw lines from the words to the corresponding body part.2. Private/Not private body parts.<ol style="list-style-type: none">a. Explain the difference between private and not private.b. Copy the list of words from the “My Body” student page on individual index cards. Make two columns on the board headed “Private” and “Not Private”. Read the body part names and ask students if the body part is private or not private. Have students help by taping the cards on the board under the proper heading.	