

OVERVIEW OF THE LESSONS

The lesson framework charts the development of an unborn baby in the womb over 40 weeks of pregnancy, which is 38 weeks of gestational development from conception. Pregnancy is normally measured from the mother's Last Menstrual Period (LMP), which is estimated in most cases to be around 2 weeks prior to conception.

Each pupil will have their own "baby" whose development they follow. They will choose a name for their baby and watch how their baby grows. Every pupil should have a file or folder to keep their work in. There are timeline charts for each pupil to fill out each week using the cutout images to help children conceptualise the size and key developmental milestones of the baby at each stage. Each lesson features key development facts about the baby at the corresponding stage of gestation to share and learn. Make time in each lesson for one or more children to talk about "their baby".

Each lesson also ends with "talking points" for the teacher to lead a discussion on some of the key themes arising from the lesson and activities.

Lesson 1: The very beginning (Weeks 1 & 2 of pregnancy) Pupils will:

- Learn about the very beginning of life when a sperm meets an egg.
- Watch a short video.
- Start their Tiny Feet folder and choose a name for their baby.
- Complete **Worksheet 1**, "I am special".
- Start their timeline with the picture for Weeks 1 & 2 (egg surrounded by sperm).

Lesson 2: The building blocks of life (Weeks 2, 3 & 4) Pupils will:

- Learn about cells and the uniqueness of the human embryo.
- Watch a short video about cells.
- Draw a diagram of an animal cell.
- Stick Weeks 2,3 & 4 picture (fertilisation and early embryo development) on timeline.

Lesson 3: A beating heart (Week 5) Pupils will:

- Learn about the functions and importance of a healthy heart.
- Record their heart rate before and after activity.
- Complete **Worksheet 3.2**. What's good / bad for the heart?

Lesson 4: Amazing development (Week 6) Pupils will:

- Watch a video on the development of an unborn baby.
- Using **Worksheet 4.1**, try to remember facts from the video relating to each month of pregnancy.
- Stick Week 6 picture (baby at 1 month) on timeline.

Lesson 5: A life with potential (Week 7) Pupils will:

- Learn about the importance of the gift of life and of trying to reach one's potential.
- Undertake the picture/word-bank exercise to recognise the talents and qualities of different types of people.
- Stick Week 7 picture (blueberry) on timeline.

Lesson 6: Our senses (Week 8) Pupils will:

- Identify the five senses.
- Using **Worksheet 6.1**, children play games exploring the senses of touch, smell and hearing.
- Explore objects and things which have interesting smells or sounds.

Lesson 7: Growing and flourishing (Week 9) Pupils will:

- Learn about the importance of nurturing life.
- Undertake germination experiment using French or runner beans (**Worksheet 7**).
- Stick Week 9 picture (grapes) on timeline.

Lesson 8: A Safe environment (Week 10) Pupils will:

- Learn how each person's life is precious and about the need for a supportive environment.
- Consider things they need for their physical and emotional life.
- Using **Worksheet 8.1**, list 5 good and 5 negative influences in the life of a child.
- Discuss and find out something interesting about the life of a classmate.
- Stick Week 10 picture (unborn baby at 2 months) on timeline.

Lesson 9: Life is active (Week 11) Pupils will:

- Learn about the role of joints and flexibility in the human body and the importance of exercise.
- Understand how some people are born, or later develop, disabilities, but that these need not be a barrier to achievement and living a fulfilled life.
- Using **Worksheet 9.1**, identify the main joints in the human body.
- Undertake an exercise which demonstrates the importance of our knees as one of the main joints in the body.
- Show a video clip from the Paralympics and some short Paediatric Prosthetics videos of children helped.

Lesson 10: Here I am (Week 12) Pupils will:

- Learn about the three trimesters of pregnancy.
- Learn how developed a baby already is by the end of the first trimester.
- Explore how parents might feel seeing their baby in the womb for the first time via ultrasound.
- Play a 'guess the baby' game using baby pictures.
- Stick Week 12 picture (unborn baby at 3 months) on timeline.

Lesson 11: Our unique fingerprints (Week 13) Pupils will:

- Learn when an unborn baby develops fingerprints.
- Understand how the uniqueness of our fingerprints reflects the uniqueness of every human life.
- Using **Worksheet 11** learn how to make an imprint of and examine their own fingerprints.
- Stick Week 13 picture (fingerprint) on timeline.

Lesson 12: Our teeth and a healthy smile (Week 14) Pupils will:

- Learn about how our teeth develop and the importance of looking after them.
- Label the different types of teeth (using **Worksheet 12.1**).
- Identify healthy vs unhealthy foods for teeth (using **Worksheet 12.2**).
- Undertake a tooth decay experiment involving egg shells (using **Worksheet 12.3**).
- Stick Week 12 picture (healthy tooth cartoon) on timeline.

Lesson 13: The taste test (Week 15) Pupils will:

- Learn about and appreciate our sense of taste.
- Undertake either food tasting (**Worksheet 13.1**) and/or identify foods that are "salty, sweet, sour or bitter" (**Worksheet 13.2**).
- Stick Week 15 picture (apple) on timeline.

Lesson 14: Twins and multiple births (Week 16) Pupils will:

- Learn how twins and multiples are formed; the difference between identical and fraternal twins, and the special bond that twins often have.
- Watch a video about twins.
- Play a fun memory game to identify twin babies.
- Stick Week 16 picture (pregnant mum with twins) on timeline.

Lesson 15: Emotions (Week 17) Pupils will:

- Understand some of the roles that emotions play in our lives and consider how we might respond positively to such emotions.
- Learn how mothers during pregnancy can feel different emotions due to hormonal changes; how unborn babies respond and start to develop their own emotional life.
- Watch a trailer from the movie “Inside Out”.
- Design their own emojis using **Worksheet 15**.
- Stick Week 17 pictures (unborn baby at 4 months and emotions cartoon) on timeline.

Lesson 16: The power of sound (Week 18) Pupils will:

- Learn about the sense of hearing and some of the challenges deaf people have to overcome.
- Understand more about the technology and use of ultrasound.
- Watch a video clip of an ultrasound scan.
- Receive a copy of a 18-21-week ultrasound (**Worksheet 16.1**) to write their baby’s name on.
- Learn a few simple words in sign language and communicate them with their peers.
- Stick Week 18 picture (ultrasound) on timeline.

Lesson 17: Recognising voices (Week 19) Pupils will:

- Explore further about the sense of hearing and how it develops for unborn babies.
- Play a blindfold/listening game.
- Watch a video about understanding the experience of deafness.
- Prepare some more words in sign language for the children to learn and practise.
- Stick Week 19 picture (ear/hearing) onto timeline.

Lesson 18: Amazing brain (Week 20) Pupils will:

- Understand about the importance of the brain and some of its key functions.
- Learn about some of the key stages of brain development for unborn babies.
- Watch a video about how the brain works.
- Undertake an exercise comparing human brains to computers (**Worksheet 18**).
- Stick Week 20 picture (brain) on timeline.

Lesson 19: Survival outside the womb (Weeks 21-24) Pupils will:

- Learn how unborn babies at this stage of development can survive if born “premature” and receive the right care.
- Watch a video about how medical staff and parents care for a premature baby.
- View some recent online news stories about premature babies surviving against the odds.
- Play a desert island survival game to demonstrate how we often have to go to special lengths to help ourselves and others survive.
- Stick Weeks 21-24 pictures (unborn baby at 5 months and baby in incubator) on timeline.

Lesson 20: Living and dreaming (Weeks 25-27) Pupils will:

- Learn some theories about why we dream (when sleeping).
- Watch a video about why we have dreams when we sleep.
- Explore the importance of “dreams” in terms of our hopes and aspirations for the future.

Lesson 21: When you first opened your eyes (Weeks 28-31) Pupils will:

- Learn about the development of the baby’s eyes and sight, as well as appreciate the gift of sight.
- Watch a video on the sense of sight.
- Identify the different parts of an eye and how they enable sight (using **Worksheet 21**).
- Undertake a blindfold exercise to help them understand the challenges of not having sight.

Lesson 22: A breath of fresh air (Weeks 32-33) Pupils will:

- Learn some key facts about the development of an unborn baby’s lungs.
- Learn about the mechanics of breathing, why it’s essential for life, and the impact of poor air quality.
- Watch a short video on air pollution.
- List the things we do which affect the air we breathe (using **Worksheet 22**).

Lesson 23: Sense of smell (Weeks 34-35) Pupils will:

- Learn how the sense of smell functions and about the development of this sense in unborn babies.
- Watch a short video on the sense of smell.
- Undertake one of the suggested activities encouraging pupils to focus on and appreciate the sense of smell

Lesson 24: Be a superhero (Weeks 36-37) Pupils will:

- Learn how the baby by this stage is preparing for birth.
- Consider our human vulnerability and need for care/protection both before and after birth.
- Consider how there’s weaker, more vulnerable, human beings who need to be protected and looked after by the strong.
- Compare the attributes of Super Heroes vs Super Villains.
- Using **Worksheet 24** ask pupils to imagine and describe themselves as a superhero.
- Stick picture for Weeks 36/37 (unborn baby at 9 months) on timeline.

Lesson 25: Happy Birthday! (Weeks 38-40) Pupils will:

- Learn some interesting facts about a full-term baby and their experience of birth.
- Consider the fulfilment of the baby’s journey to birth, after living and growing for 9 months inside the womb.
- Explore how celebration and thankfulness are important parts of life.
- Add Weeks 38-40 picture (parents holding baby and “it’s a boy” or “it’s a girl” image) to the timeline.
- Complete the 2 x word searches (**Worksheet 25**) using words from the Tiny Feet programme.
- Celebrate the birth of “Baby” for each child in the class, and the end of the Tiny Feet course (teachers may share sweets or other treats).