



Year 3 PSHE: Changing me

Prior Learning

- Know that life cycles exist in nature
- Know that aging is a natural process including old-age
- Know that some changes are out of an individual's control
- Know how their bodies have changed from when they were a baby and that they will continue to change as they age
- Know the physical differences between male and female bodies
- Know the correct names for private body parts
- Know that private body parts are special and that no one has the right to hurt these
- Know who to ask for help if they are worried or frightened
- Know there are different types of touch and that some are acceptable and some are unacceptable



Vocabulary

*Change, *Grow, Control, *Life cycle, *Baby, *Adult, Fully grown, Growing up, Old, Young, Change, Respect, Appearance, Physical, *Baby, Toddler, Child, Teenager, Independent, mother, womb, stereotypes, Male, Female, *Vagina, *Penis, *Testicles, scrotum, pubic hair, genitals, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Looking forward, Excited, Nervous, Anxious, Happy

Sticky Knowledge

- How humans and animals grow and change from birth to adulthood
- Why bodies change as we grow up how boys' and girls' bodies change on the inside and outside and why these changes matter birth babies mother womb nutrients
- Why keeping clean becomes more important at puberty
- Simple ways to keep clean and healthy
- Stereotypes about parenting and family roles
- What I am looking forward to in my next class
- Changes I might make next year

