



# YEAR THREE

The Jigsaw 'Changing Me' materials will be delivered to all classes this Summer half term. During this half term, children will receive the teaching from their current year group and some teaching from their previous year group to ensure that important concepts are not missed and that we are retaining a curriculum that builds upon previous knowledge. All lessons are delivered by the usual classroom team to ensure that the safe and secure learning environment that has been established across the school year can be maintained.

## How Babies Grow

Children will learn about the changes between conception and growing up in animals and humans and that it is usually the female that has the baby. Children will explore what it might be like to have a new baby in the family and how people feel about babies. Children will reflect upon the ways in which they have changed since they were babies.

**Note: The lesson does NOT cover conception**

### **Key Questions**

How might it feel to have a new baby brother or sister?  
What changes happen?  
How have you changed since you were a baby?

### **Key Vocabulary**

Changes  
Birth  
Animals  
Babies  
Mother  
Growing up

## Babies

Children will develop their understanding of how babies grow and develop in the mother's uterus and what a baby needs to live and grow.

**Note: The lesson does NOT cover conception**

### **Key Questions**

What do babies need in order to survive and grow?  
How do babies grow inside the mother?  
What do you think are the three most important things a baby needs to live and grow?

### **Key Vocabulary**

Baby  
Grow  
Uterus  
Womb

Nutrients  
Survive  
Love  
Affection  
Care

## Outside Body Changes

During this session, children will explore the changes that take place in their bodies as they move through childhood to adulthood. Children will be introduced to the word puberty and its meaning. Children will explore their feelings around this and how to cope with their feelings.

### **Key Questions**

How are the changes that happen to boys and girls different?  
As you grow up, which are the changes you can control and make choices about?  
How do you feel about changes?  
What are the changes that will turn you from a child into an adult?

### **Key Vocabulary**

Change  
Puberty  
Control

### Inside Body Changes

In this lesson, the children learn about how bodies change on the inside during puberty. Children will understand that the purpose of these changes is so that they can have babies when they are adults.

**Note: The lesson does NOT cover conception**

#### **Key Questions**

Where does new life start from?  
When have you seen a new-born life – either an animal or a baby?  
How are our bodies going to change on the inside?  
What are these changes for?

#### **Key Vocabulary**

Penis  
Ovaries  
Egg  
Ovum/ Ova  
Womb/ Uterus  
Vagina  
Puberty  
Male  
Female  
Testicles  
Sperm

### Family Stereotypes

During this session, children will start to recognise stereotypical ideas that could be held around parenting and family roles. They will explore what it feels like to have ideas challenged and willingness to take on board other opinions and information which may change our ideas.

#### **Key Questions**

What does stereotypical mean?  
Can ideas be challenged?  
How does it feel when your ideas are challenged?  
How does it feel to change your thoughts or ideas about something?

#### **Key Vocabulary**

Stereotypes  
Task  
Roles  
Challenge

### **Key Vocabulary**

Penis, testicles and anus for boys  
Vulva, vagina and anus for girls  
Breasts and nipples

This vocabulary is in line with the school policy, and will be used exclusively by staff throughout the school. Children will not be corrected if they use other terms, as long as they are appropriate, however staff will use these terms if and when referring to these body parts.

The 'Inside Body Changes' lesson does not attempt any explanation of how the sperm and the egg come together. If the question is asked, it will be explained to children that they will learn this in another lesson when they are older.

**All of our PHSE and RSHE lessons are taught in line with our PSHE and RSE policies which can be found on the school website.**

**Should you have any questions or queries regarding the teaching of the Relationships, Sex and Health Education curriculum, please speak to your child's class teacher in the first instance. Mrs Bloomfield (Principal) and Mrs Barwood (PSHE Lead) are also available to discuss any issues arising with you.**