

## Prior Learning (Skills)

- Can appreciate that changes will happen and that some can be controlled and others not
- Be able to express how they feel about changes
- Show appreciation for people who are older
- Can recognise the independence and responsibilities they have now compared to being a baby or toddler
- Can say what greater responsibilities and freedoms they may have in the future
- Can say who they would go to for help if worried or scared
- Can say what types of touch they find comfortable/ uncomfortable
- Be able to confidently ask someone to stop if they are being hurt or frightened
- Can say what they are looking forward to in the next year

## Prior Learning (Knowledge)

- 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

## Key Skills

- Can express how they feel about babies
- Can describe the emotions that a new baby can bring to a family
- Can express how they feel about puberty
- Can say who they can talk to about puberty if they have any worries
- Can identify stereotypical family roles and challenge these ideas e.g. it may not always be Mum who does the laundry
- Can identify changes they are looking forward to in the next year
- Can suggest ways to help them manage feelings during changes they are more anxious about



# Year 3 – PSHE Changing Me



**The Jigsaw! Charter**

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive
- We respect each other's privacy (confidentiality)

**Jiggy Jem**

**Mindfulness**

**Journal**

**Jerrie Cat's 'paws'**

## Key knowledge

Know that in animals and humans lots of changes happen between conception and growing up

- Know that in nature it is usually the female that carries the baby
- Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops
- Know that babies need love and care from their parents/carers
- Know some of the changes that happen between being a baby and a child
- Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults
- Know some of the outside body changes that happen during puberty
- Know some of the changes on the inside that happen during puberty

## Vocabulary

<b>birth</b>	the delivery of a baby or other young from the body of its mother
<b>Uterus/womb</b>	the organ in the lower body of a woman or female mammal where offspring are conceived
<b>baby</b>	a very young child or animal
<b>nutrients</b>	a substance that provides nourishment essential for the maintenance of life and for growth.
<b>love</b>	an intense feeling of deep affection.
<b>affection</b>	a gentle feeling of fondness or liking.
<b>puberty</b>	the period during which adolescents reach sexual maturity and become capable of reproduction
<b>male</b>	relating to men or the male gender
<b>female</b>	relating to women or the female gender
<b>testicles</b>	either of the two oval organs that produce sperm in men and other male mammals, enclosed in the scrotum behind the penis.
<b>penis</b>	the male genital organ
<b>sperm/ semen</b>	the male reproductive fluid
<b>ovaries</b>	a female reproductive organ in which ova or eggs are produced
<b>vagina</b>	the muscular tube leading from the external genitals to the cervix of the uterus in women and most female mammals.
<b>stereotypes</b>	a widely held but fixed idea of a particular type of person or thing.
<b>roles</b>	part played by a person or thing in a particular situation.
<b>challenge</b>	a task or situation that tests someone's abilities.
<b>changes</b>	make (someone or something) different; alter or modify
<b>egg/ovum</b>	the female reproductive cell which can divide to give rise to an embryo usually only after fertilization by a male cell.
<b>growing up</b>	(of a living thing) undergoing natural development by increasing in size and changing physically.
<b>excited</b>	very enthusiastic and eager.
<b>nervous</b>	easily agitated or alarmed
<b>anxious</b>	feeling or showing worry, nervousness, or unease about something with an uncertain outcome