

## Year 3 Changing Me Overview

Objectives	Vocabulary	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	<b>1. How Babies Grow</b> <ul style="list-style-type: none"> <li>• Male</li> <li>• Female</li> <li>• Changes</li> <li>• Birth</li> <li>• Animals</li> <li>• Babies</li> <li>• Mother</li> <li>• Growing up</li> </ul>	I understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby	I can express how I feel when I see babies or baby animals
Can express how they feel when change happens	<b>2. Babies</b> <ul style="list-style-type: none"> <li>• Baby</li> <li>• Grow</li> <li>• Uterus</li> <li>• Womb</li> <li>• Nutrients</li> <li>• Survive</li> <li>• Love</li> <li>• Affection</li> <li>• Care</li> </ul>	I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow	I can express how I might feel if I had a new baby in my family
Understand and respect the changes that they see in themselves	<b>3. Outside Body Changes</b> <ul style="list-style-type: none"> <li>• Change</li> <li>• Puberty</li> <li>• Control</li> <li>• Breasts</li> </ul>	I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process	I recognise how I feel about these changes happening to me and know how to cope with those feelings
Understand and respect the changes that they see in other people	<b>4. Inside Body Changes</b> <ul style="list-style-type: none"> <li>• Puberty</li> <li>• Male</li> <li>• Female</li> <li>• Testicles</li> <li>• Sperm</li> <li>• Penis</li> <li>• Ovaries</li> <li>• Egg</li> <li>• Ovum/Ova</li> <li>• Womb/Uterus</li> <li>• Vagina</li> <li>• Breasts</li> </ul>	I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up	I recognise how I feel about these changes happening to me and know how to cope with these feelings
Know who to ask for help if they are worried about change	<b>5. Family Stereotypes</b> <ul style="list-style-type: none"> <li>• Stereotypes</li> <li>• Roles</li> </ul>	I can start to recognise stereotypical ideas I might have about parenting and family roles	I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes
Are looking forward to change	<b>6. Looking Ahead</b> <ul style="list-style-type: none"> <li>• Change</li> <li>• Excited</li> <li>• Nervous</li> <li>• Anxious</li> <li>• Happy</li> </ul>	I can identify what I am looking forward to when I move to my next class	I can start to think about changes I will make next year and know how to go about this

