



Year 3, Term 6 – PSHE – Jigsaw – Changing Me

<p>Understand that everyone is unique and special</p>	<p>1. How Babies Grow</p> <p><i>Male</i> <i>Female</i> <i>Changes</i> <i>Birth</i> <i>Animals</i> <i>Babies</i> <i>Mother</i> <i>Growing up</i></p>	<p>I understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby</p>	<p>I can express how I feel when I see babies or baby animals</p>
<p>Can express how they feel when change happens</p>	<p>2. Babies</p> <p><i>Baby</i> <i>Grow</i> <i>Uterus</i> <i>Womb</i> <i>Nutrients</i> <i>Survive</i> <i>Love</i> <i>Affection</i> <i>Care</i></p>	<p>I understand how babies grow and develop in the mother's uterus</p> <p>I understand what a baby needs to live and grow</p>	<p>I can express how I might feel if I had a new baby in my family</p>
<p>Understand and respect the changes that they see in themselves</p>	<p>3. Outside Body Changes</p> <p><i>Change</i> <i>Puberty</i> <i>Control</i> <i>Breasts</i></p>	<p>I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</p> <p>I can identify how boys' and girls' bodies change on the outside during this growing up process</p>	<p>I recognise how I feel about these changes happening to me and know how to cope with those feelings</p>
<p>Understand and respect the changes that they see in other people</p>	<p>4. Inside Body Changes</p> <p><i>Puberty</i> <i>Male</i> <i>Female</i> <i>Testicles</i> <i>Sperm</i> <i>Penis</i> <i>Ovaries</i> <i>Egg</i> <i>Ovum/Ova</i> <i>Womb/Uterus</i> <i>Vagina</i> <i>Breasts</i></p>	<p>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</p>	<p>I recognise how I feel about these changes happening to me and know how to cope with these feelings</p>

<p>Know who to ask for help if they are worried about change</p>	<p>5. Family Stereotypes</p> <p><i>Stereotypes</i> <i>Task</i> <i>Roles</i> <i>Challenge</i></p>	<p>I can start to recognise stereotypical ideas I might have about parenting and family roles</p>	<p>I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes</p>
<p>Are looking forward to change</p>	<p>6. Looking Ahead</p> <p><i>Change</i> <i>Looking forward</i> <i>Excited</i> <i>Nervous</i> <i>Anxious</i> <i>Happy</i></p>	<p>I can identify what I am looking forward to when I move to my next class</p>	<p>I can start to think about changes I will make next year and know how to go about this</p>



<p>Understand that everyone is unique and special</p>	<p>1. Unique Me</p> <ul style="list-style-type: none"> • <i>Personal</i> • <i>Unique</i> • <i>Characteristics</i> • <i>Parents</i> • <i>Gene</i> 	<p>I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm</p>	<p>I appreciate that I am a truly unique human being</p>
<p>Can express how they feel when change happens</p>	<p>2a. Having a Baby</p> <ul style="list-style-type: none"> • <i>Feelings</i> • <i>Responsibilities</i> • <i>Carers</i> • <i>Characteristics</i> • <i>Language</i> • <i>Mannerisms</i> • <i>Influence</i> 	<p>I understand what responsibilities there are in parenthood and the joy it can bring</p> <p>I can consider what has influenced my life and what might influence the lives of other people</p>	<p>I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult</p>
<p>Understand and respect the changes that they see in themselves</p>	<p>3. Puberty and Menstruation</p> <ul style="list-style-type: none"> • <i>Puberty</i> • <i>Menstruation</i> • <i>Menstrual Cycle</i> • <i>Periods</i> • <i>Menstrual Pads</i> • <i>Period Pants</i> • <i>Tampons</i> • <i>Vagina</i> • <i>Vulva</i> • <i>Ovaries</i> • <i>Oestrogen</i> • <i>Fallopian Tube</i> • <i>Fertilised</i> • <i>Hormone</i> 	<p>I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this</p>	<p>I have strategies to help me cope with the physical and emotional changes I will experience during puberty</p>
<p>Understand and respect the changes that they see in other people</p>	<p>4. Circles of Change</p> <ul style="list-style-type: none"> • <i>Circle</i> • <i>Seasons</i> • <i>Change</i> 	<p>I know how the circle of change works and can apply it to</p>	<p>I am confident enough to try to make changes when I think they will benefit me</p>

	<ul style="list-style-type: none"> • <i>Control</i> 	changes I want to make in my life	
Know who to ask for help if they are worried about change	5. Accepting Change <ul style="list-style-type: none"> • <i>Range of emotions (see emotions card resource)</i> • <i>Control</i> • <i>Change</i> • <i>Acceptance</i> 	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
Are looking forward to change	6. Looking Ahead <ul style="list-style-type: none"> • <i>Change</i> • <i>Looking forward</i> • <i>Excited</i> • <i>Nervous</i> • <i>Anxious</i> • <i>Happy</i> 	I can identify what I am looking forward to when I move to a new class	I can reflect on the changes I would like to make next year and can describe how to go about these



<p>Understand that everyone is unique and special</p>	<p>1. Self and Body Image</p> <ul style="list-style-type: none"> • <i>Self</i> • <i>Self-image</i> • <i>Body image</i> • <i>Self-esteem</i> • <i>Perception</i> • <i>Characteristics</i> • <i>Aspects</i> • <i>Affirmation</i> 	<p>I am aware of my own self-image and how my body image fits into that</p>	<p>I know how to develop my own self esteem</p>
<p>Can express how they feel when change happens</p>	<p>2. Puberty for Girls</p> <ul style="list-style-type: none"> • <i>Puberty</i> • <i>Menstruation</i> • <i>Periods</i> • <i>Menstrual towels</i> • <i>Menstrual pads</i> • <i>Tampons</i> • <i>Ovary/ Ovaries</i> • <i>Vagina</i> • <i>Oestrogen</i> • <i>Vulva</i> • <i>Womb/Uterus</i> • <i>Hormones</i> 	<p>I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally</p>	<p>I understand that puberty is a natural process that happens to everybody and that it will be ok for me</p>
<p>Understand and respect the changes that they see in themselves</p>	<p>3. Puberty for boys</p> <ul style="list-style-type: none"> • <i>Puberty</i> • <i>Sperm</i> • <i>Semen</i> • <i>Testicles/Testes</i> • <i>Erection</i> • <i>Ejaculation</i> • <i>Wet dream</i> • <i>Larynx</i> • <i>Facial hair</i> • <i>Growth spurt</i> • <i>Hormones</i> 	<p>I can describe how boys' and girls' bodies change during puberty</p>	<p>I can express how I feel about the changes that will happen to me during puberty</p>
<p>Understand and respect the changes that they see in other people</p> <p>Optional lesson – parents must opt out</p>	<p>4. Conception</p> <ul style="list-style-type: none"> • <i>Relationships</i> • <i>Conception</i> • <i>Making love</i> • <i>Sexual intercourse</i> • <i>Fallopian tube</i> 	<p>I understand that sexual intercourse can lead to conception and that is how</p>	<p>I appreciate how amazing it is that human bodies can reproduce in these ways</p>

	<ul style="list-style-type: none"> • <i>Fertilisation</i> • <i>Pregnancy</i> • <i>Embryo</i> • <i>Umbilical cord</i> • <i>Contraception</i> 	babies are usually made	
Know who to ask for help if they are worried about change	5. Looking Ahead 1 Puzzle Outcome: Change Cards <ul style="list-style-type: none"> • <i>Teenager</i> • <i>Milestone</i> • <i>Perceptions</i> • <i>Puberty</i> • <i>Responsibilities</i> • <i>Consent</i> 	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities	I am confident that I can cope with the changes that growing up will bring
Are looking forward to change	6. Looking Ahead 2 <ul style="list-style-type: none"> • <i>Change</i> • <i>Hope</i> • <i>Manage</i> • <i>Cope</i> • <i>Opportunities</i> • <i>Emotions</i> • <i>Fear</i> • <i>Excitement</i> • <i>Anxious</i> 	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.



<p>Understand that everyone is unique and special</p>	<p>1. My Self Image</p> <ul style="list-style-type: none"> • <i>Self-image</i> • <i>Self-esteem</i> • <i>Real self</i> • <i>Celebrity</i> 	<p>I am aware of my own self-image and how my body image fits into that</p>	<p>I know how to develop my own self esteem</p>
<p>Can express how they feel when change happens</p>	<p>2. Puberty</p> <ul style="list-style-type: none"> • <i>Opportunities</i> • <i>Freedoms</i> • <i>Responsibilities</i> • <i>Recap puberty vocabulary</i> 	<p>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p>	<p>I can express how I feel about the changes that will happen to me during puberty</p>
<p>Understand and respect the changes that they see in themselves</p> <p>Optional lesson – parents must opt out</p>	<p>3. Babies: Conception to Birth</p> <ul style="list-style-type: none"> • <i>Pregnancy</i> • <i>Embryo</i> • <i>Foetus</i> • <i>Placenta</i> • <i>Umbilical cord</i> • <i>Labour</i> • <i>Contractions</i> • <i>Cervix</i> • <i>Midwife</i> 	<p>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born</p>	<p>I can recognise how I feel when I reflect on the development and birth of a baby</p>
<p>Understand and respect the changes that they see in other people</p>	<p>4a. Adolescent Friendships</p> <ul style="list-style-type: none"> • <i>Independence</i> • <i>Identity</i> • <i>Values</i> • <i>Relationships</i> • <i>Pressure</i> • <i>Adolescent</i> 	<p>I know myself well enough to maintain positive relationships with others whilst still keeping my own identity</p>	<p>I can be assertive when appropriate</p>
<p>Know who to ask for help if they are worried about change</p>	<p>5. Real self and ideal self</p> <ul style="list-style-type: none"> • <i>Self-esteem</i> • <i>Negative body-talk</i> • <i>Choice</i> • <i>Feelings/emotions</i> 	<p>I am aware of the importance of a positive self-esteem and what I can do to develop it</p>	<p>I can express how I feel about my self-image and know how to challenge negative 'body-talk'</p>

	<ul style="list-style-type: none"> • <i>Challenge</i> • <i>Mental health</i> 		
Are looking forward to change	6. The Year Ahead <ul style="list-style-type: none"> • <i>Transition</i> • <i>Secondary</i> • <i>Looking forward</i> • <i>Journey</i> • <i>Worries</i> • <i>Anxiety</i> • <i>Hopes</i> • <i>Excitement</i> 	I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.	I know how to prepare myself emotionally for the changes next year.