

PSHE Knowledge Organiser



PSHE Strand/ Year Group

Changing Me – Year Three

Overview

This Puzzle (Puzzle) begins with an exploration about babies and what they need to grow and develop including parenting. Children learn that it is usually the female that carries the baby in nature. This leads onto lessons where puberty is introduced. Children first look at the outside body changes in males and females. They learn that puberty is a natural part of growing up and that it is a process for getting their bodies ready to make a baby when grownup. Inside body changes are also taught. Children learn that females have eggs (ova) in their ovaries and these are released monthly. If unfertilised by a male's sperm it passes out of the body as a period. Sexual intercourse and the birth of the baby is not taught in this year group. Children discuss how they feel about puberty and growing up and there are opportunities for them to seek reassurance if anything is worrying them.

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

Key Vocabulary

Changes	Love	Ova/ovum
Birth	Affection	Womb/uterus
Animals	Care	Vagina
Babies	Puberty	Stereotypes
Mother	Control	Task
Growing up	Male	Roles
Baby	Female	Challenge
Grow	Testicles	Looking forward
Uterus	Sperm	Excited
Womb	Penis	Nervous
Nutrients	Ovaries	Anxious
survive	Egg	happy

Social and Emotional 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