



Changing Me Year 3

The following is an overview of what the children in Year 3 will study over the Summer Term in their PSHE lessons in accordance with the statutory guidance for SRE.

Lesson Overview	Lesson Content
<p>1. How Babies Grow Understanding that in animals and humans lots of changes happen between birth and growing up and that usually, it is the female who gives birth to its young.</p>	<p>The children will look at images of baby animals and baby humans. How do the pictures make us feel? Show further pictures of such animals and babies with their mothers, making the point that it is usually the mother who looks after their young. Discuss the important role of the father for human babies and penguins. Pupils will share the book, 'My New Baby' and discuss the feelings, worries and uncertainties that the sibling feels about the new addition to the family. The children will then look at photos of a baby...a toddler...a child. How have they changed? They will identify how they have changed since they were a baby.</p>
<p>2. Babies Understanding how babies grow and develop in the mother's womb and understanding what babies need to live and grow.</p>	<p>After looking at a photo of a baby, the children will list all the things that a baby needs to grow and survive. The children will be asked where a baby first begins to grow and discuss using the correct term womb rather than in their mummy's tummy. They will read the story, 'My Baby Sister' by Emma Chichester Clarke and will discuss what it might feel like to have a younger sibling. They will then draw a picture of a baby and write all the things that it needs to grow and survive around it.</p>
<p>3. Outside Body Changes Understanding that boys' and girls' bodies need to change in order for</p>	<p>They will start by discussing changes that have happened to them eg. moving home, getting taller, having a baby sibling etc.</p>

<p>them to make babies when they grow up. Identifying the outside physical changes in both boys and girls.</p>	<p>Sometimes changes feel exciting and sometimes they can feel difficult and a bit scary. Everyone goes through changes. Over the next few years, they will all change because they will get older and bigger. Introduce the term, 'Puberty' and discuss that this means the changes that happen to our bodies as we become teenagers. They will discuss some of the external changes that take place as they get older: getting taller, hips widening, voice becoming deeper, breasts growing, penis growing, hairs growing on the body, hair growing on the face etc. The children will sort a set of cards into whether the changes happen to girls, to boys or to both.</p>
<p>4. Inside Body Changes Identifying how boys' girls' bodies change on the inside during the growing up process and how these changes will help them to make babies when they grow up.</p>	<p>They will start the lesson by looking at images of baby and adult animals and pairing them up. For most living creatures, the female produces the 'baby'. For some species, the mother relays eggs but for others, the baby grows inside the mother until it is ready to be born. Our bodies change inside for when we get older so that we can have our own babies. The children will be shown simple diagrams that explain these changes: the testicles grow and start to make sperm which are tiny seeds that are needed to start a baby growing. The ovaries store hundreds of tiny eggs and during puberty, these are released each month. If one of these eggs joins with sperm it will make a baby. That baby will grow inside the womb until it is ready to be born.</p>
<p>5. Family Stereotypes Understanding what a 'stereotype' means and how we might have such views around parenting and family roles.</p>	<p>The children will look at typical roles within the family and will discuss whether they think the role is for mum, dad or both. Discuss stereotypical roles. Hand out task cards and ask the children to sort those into stereotypical roles. Is this always the case or just sometimes? In groups of the same gender, the children will design a duvet cover for the opposite gender. How did they choose their design - is anything on there stereotypical?</p>
<p>6. Looking Ahead</p>	<p>The children will discuss what some of the</p>

Identifying what they are looking forward to in Year4 and the changes they might make when they are there.

changes might be when they go into Y4. Together, the class can generate a list of questions to ask the current Y4 pupils and class teacher. These can then either be sent to the Y4 class or an interactive meeting can be arranged between the 2 classes for the children to ask them directly. Finally, the children will make their own list of what they are looking forward to about going into Y4 and what they are worried or concerned about. All of these worries will be discussed together as a class.