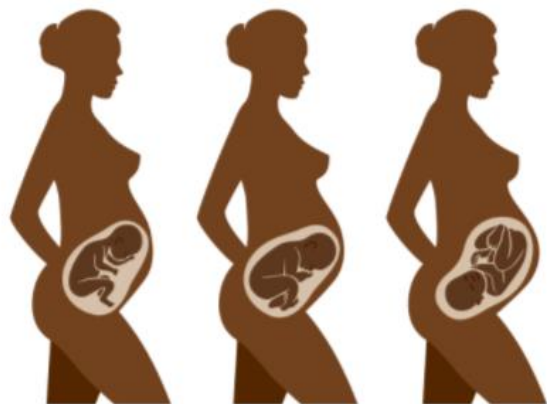
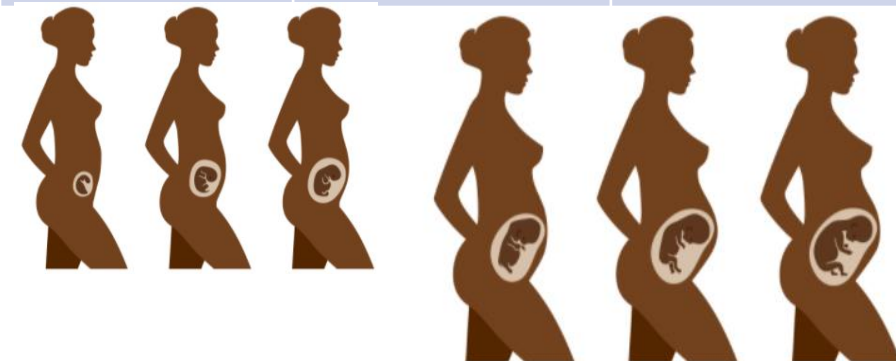


Year 3 Knowledge Organiser PSHE: Changing Me



Key Vocabulary

birth	uterus	womb
puberty	sperm	ovaries
nutrients	survive	testicles



Knowledge

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



Social and Emotional Skills

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