



'Changing Me' Unit: Puzzle Map – Year 3

Puzzle Piece	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1.How Babies Grow	I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby.	I can express how I feel when I see babies or baby animals.
2. Babies	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.
3.Outside Body Changes	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 these feelings.
4. Family Stereotypes	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.
5.Looking Ahead	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.





Knowledge	Social and Emotional Skills	Questions for Family Learning
<ul style="list-style-type: none"> • 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 some of the outside body changes that happen during puberty. 	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Can you tell me about some of the changes that happen to a puppy / kitten / baby as they grow up? • Can we talk about some of the changes that are going to happen to you as you grow up? How do you feel about these changes? • Do you have any questions about the changes that are going to happen to you as you grow up?
<p><u>Overview</u> 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 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 be a grown-up. Children discuss how they feel about puberty and growing up and there are opportunities for them to seek reassurance if anything is worrying them.</p>		
<p><u>Key Vocabulary:</u> Changes, Birth, Animals, Babies, Mother, Growing up, Baby, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Control, Male, Female, Testicles, Penis, Stereotypes, Task, Roles, Challenge, Looking forward, Excited, Nervous, Anxious, Happy.</p>		