

Eldersfield Lawn C.E. Primary School P.S.H.E. (Sex, Relationships Education): Changing Me Year 3 and 4

(Cycle 1 Summer 2023)

At Eldersfield Lawn, we use the 'Jigsaw' scheme of learning to teach P.S.H.E and Sex and Relationships education. Jigsaw has a progressive, spiral structure and is taught through a mindful approach. The lessons ensure learning from previous years is revisited and extended, by introducing new concepts, knowledge and skills year on year appropriately. To support parents in understanding the content and delivery of the SRE element for your child's year group/class, we have included the Key Vocabulary from the Changing Me unit of work as well the objectives we will cover.

Objectives which are covered within this unit of work include:

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| <ul style="list-style-type: none">• 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• 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 | <ul style="list-style-type: none">• Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm• Know that babies are made by a sperm joining with an ovum• Know the names of the different internal and external body parts that are needed to make a baby• Know how the female and male body change at puberty• Know that change can bring about a range of different emotions• Know that personal hygiene is important during puberty and as an adult• Know that change is a normal part of life and that some cannot be controlled and have to be accepted |
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Vocabulary: Birth, Animals, Babies, Mother, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Sperm, Ovaries, Egg, Ovum/ova, Womb/uterus, Stereotypes, Task, Roles, Challenge.

Personal, Unique, Characteristics, Parents, Making love, Having sex, Sexual intercourse, Fertilise, Conception, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions, Acceptance.