



Welton Primary School – PSHE Knowledge Organiser

Year: 3

Summer 2

Changing Me



Hello, My name is Jigsaw Jino

PSHE Puzzle Piece Vocabulary

Affection	A gentle liking or fondness for someone or something.
Animals	A living thing that is different to a human being.
Anxious	Feeling worried or nervous about something.
Baby	A very young child.
Birth	Emergence of a baby or young from a mother.
Care	To show kindness and concern for others.
Challenge	Something that makes us think.
Changes	When something becomes different.
Control	The power to influence how something happens or how someone behaves.
Excited	To be happy and enthusiastic.
Female	A girl or woman.
Grow	To change in size and appearance over time.
Growing up	To become an adult.
Love	A deep feeling of affection for someone or something.
Male	A man or boy.
Mother	A woman related to her child.
Nervous	A feeling or anxiousness or worry
Nutrients	A substance that provides nourishment.
Ovaries	Part of the female reproductive system where ova are made and stored.
Ovum	The female reproductive cell needed to make a baby.
Penis	Part of the male reproductive system.
Puberty	When adolescents reach sexual maturity.
Roles	Behaviours or things we do as part of a job.
Sperm	The male reproductive cell needed to make a baby.
Stereotypes	Common views of something or someone.
Survive	To continue to live in spite of danger or risk.
Testicles	Part of the male reproductive system
Uterus	Where offspring are conceived.
Vagina	Part of the female reproductive system.



Conception to Growing Up

I can explain that conception is when animals or babies are conceived and that the female has the baby. I can express my opinion as to how seeing animals and their offspring makes me feel. I can say what it might be like to have a new baby brother or sister and I can share if I have experienced this.



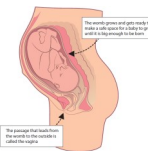
Needs and Change

I can explain how I have changed since I was a baby and how my needs have changed. I know what a young baby needs to survive (sleep, food, milk, etc.). I know that babies start in the womb and that is where they grow. I know that it is important that they are looked after before they are born.



External Body Changes

I can explain the changes that have happened in my life so far. I know that there will be changes to my body that will make me an adult. I know the outside of my body will change and this will take time. I know that boys and girl's bodies will change differently. I know that there will be changes that I cannot control.



Internal Body Changes

I can explain that new life starts when an offspring is conceived. I know that the reason my body changes is to have babies when I am older. I can share when I have seen new life (animals, baby siblings, etc.). I know that the inside of my body will change to enable this to happen. I can express how I feel about these changes.



Family Roles

I know that there are different roles within a family and these may differ in each situation. I can explain where these ideas come from and share my own experiences. I know what it is like to have my ideas being challenged. I can express my own views confidently.

Questions to Support Learning

- 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?

