

Summer 1 PSHE – Module 1: Unit 2 – Me, my body, my health Year 3

Prior learning: Children have learnt how to celebrate similarities and differences between people.

At the end of this topic, pupils will know:
How to appreciate and look after their bodies as gifts from God.

Children will explore physical and emotional changes that take place during puberty.

Lesson	Learning objectives
Lesson 1: We don't have to be the same	<ul style="list-style-type: none"> Similarities and differences between people arise as they grow and make choices, and that by living and working together – teamwork – we create community Self-confidence arises from being loved by God (not status, etc)
Lesson 2: Respecting our bodies	<ul style="list-style-type: none"> About the need to respect and look after their bodies as a gift from God through what they wear, what they eat and what they physically do.
Lesson 3: What is puberty?	<ul style="list-style-type: none"> Learn what the term 'puberty' means. Learn when they can expect puberty to take place. Understand that puberty is part of God's plan for our bodies.
Lesson 4: Changing bodies	<ul style="list-style-type: none"> Learn correct naming of genitalia Learn what changes will happen to boys during puberty Learn what changes will happen to girls during puberty

Key Vocabulary

Word	Definition
Puberty	When a child's body begins to change into an adult body.
Private parts	The areas of the body that are covered by underwear.
Genitalia	The reproductive organs of males and females.
Penis	The external male reproductive organ.
Vagina	The internal female reproductive organ that connects the uterus to the outside body.
Hormones	Chemical substances in the body that are affected during puberty
Mood swings	Changes in emotions influenced by hormonal changes during puberty.
Periods	Monthly shedding of the lining of the uterus in females.



As children of God we are loved, we are called, and we are inspired.

