



Year 3 Changing Me

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see powerpoint notes for all slides

These lessons have been adapted and confirmed by our staff to suit the needs of our children using the Jigsaw 'Changing Me' units.

Before starting the unit create a set of class ground rules for these lessons. These are then to be shared with the children before every lesson for RSE.

Explain that at various points that the children may have questions and that these can be written down rather than shared aloud to remove any embarrassment.



Lesson 1

How do these pictures make you feel?

What do you think makes us feel this way?



Lesson objectives: 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

- Express how I feel when I see babies or baby animals

Discuss that although the final picture shows a mother caring for a baby, fathers have important roles too when looking after children especially when they are young.



What can't a baby do and would need an adult to do it for them?



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How might it feel to have a new baby in the family?

Write responses on whiteboard and print for floor book.

After gathering responses draw out the role of a parent in caring for a baby and why a parent needs to devote a lot of care.



Task

Draw a picture of yourself as a baby with your caring adult and write how they helped you when you were a baby.

Then, in the other box draw a picture of yourself now and your caring adult and how they help you now at this age.

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Lesson 2

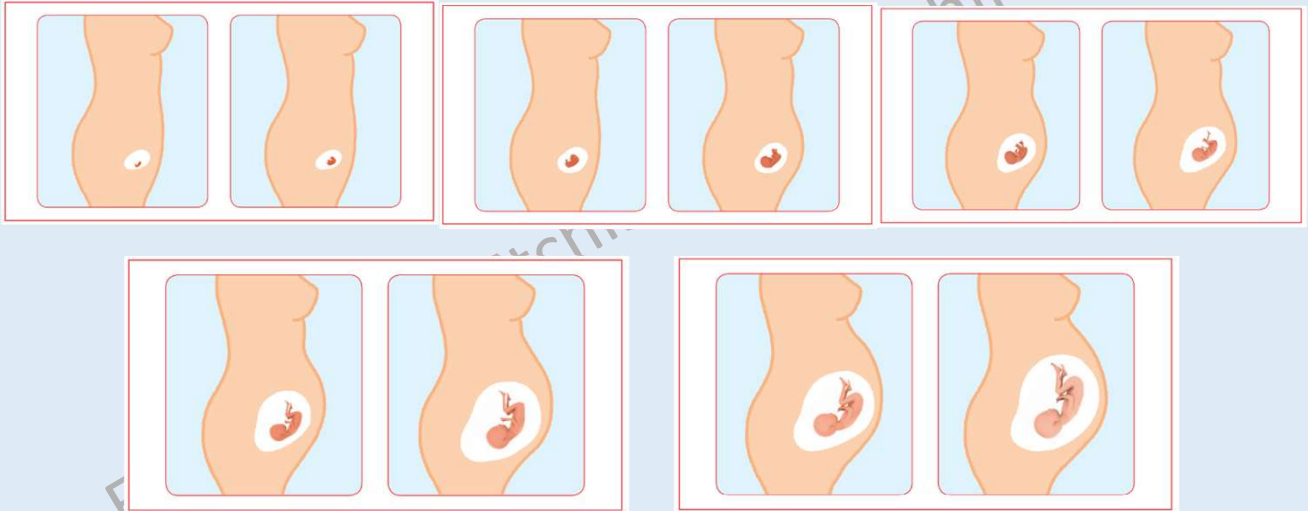
Why are gentle and kind touches important between a parent and a baby?

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Lesson objectives : Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow

- Express how I might feel if I had a new baby in my family

How do babies grow?



Ask the children to think about how the life of a baby starts out. Where does it begin to grow? How does it grow? The children may share that it grows inside the mother.

Acknowledge this and show the PowerPoint slides of a baby growing inside a mother's womb /uterus.

Explain to the children that the baby grows inside the mother's womb/uterus and gets all its nutrients in order to grow from the mother.

See if the children can spot any changes as the baby grows.

NOTE: Some teachers may feel concerned about answering children's questions about how the baby 'gets there' to begin with. As with all children's questions in sex education, keep the answer factual, age-appropriate and simple. e.g. "A baby grows from a tiny egg (ovum) that the mother already has inside of her." (This is also explained in the next 2 lessons in simple terms, so teachers can thank the children for their questions and ask them to remember them for next time).



Task

Write around the picture the things a baby needs help with to grow and survive.

Remember it isn't just physical things that are important, babies need to feel loved and cared for too.





Lesson 3

What changes have happened to you in your life?

What was good about it? What was difficult about it?

Lesson objectives: - Understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies

- Identify how boys' and girls' bodies change on the outside during this growing up process
- Recognise how I feel about these changes happening to me and know how to cope with those feelings



Sometimes changes feel exciting and good, sometimes difficult, and often a bit of both. One thing we can be sure of: there will always be changes in our lives, because living things are always changing.

Everyone is going to learn about an important change which happens gradually to everybody - for the children it will start sometime in the next few years and carry on into their teens.



Puberty

Has anyone heard of this word before and knows what it means?

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Explain that it refers to the collection of changes that will gradually change their bodies from a child's body into an adult's body. Say that the lesson today will only look at changes on the outside of the body, and next time they will learn about the changes on the inside.

Emphasise that puberty is a natural part of growing up for everyone.



Share some change you might experience during puberty.

These are some examples.

I will grow taller

Hair will grow under my arms

Hair will grow on my legs

I will grow hair on my face

My hips will widen

My chest and shoulders will get broader

My voice will get deeper

My feet will get bigger

My skin will get less smooth

Some of these changes happen to males and some happen to females and some happen to both! Can you spot them as they are shared?

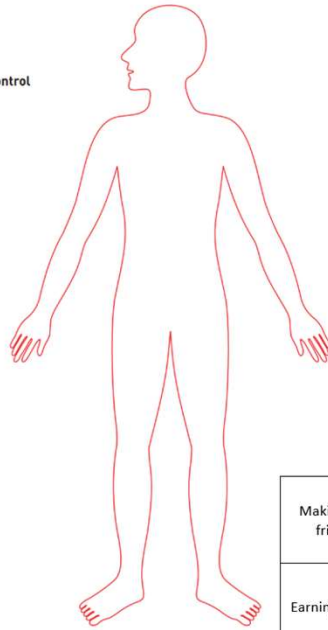
Explain that changes to boys and girls can be different, they will learn more about these as they advance through their Chaing Me lessons



Task

Changes I can't control

Changes I can control



Making new friends	Getting a deeper voice	Hips getting wider	Deciding when to go to bed	Growing facial hair	Choosing what to eat
Earning money	Choosing what clothes to buy	Growing taller	Growing underarm hair	Starting new hobbies	Getting a boyfriend or girlfriend



Lesson 4

Game of pairs! Which pictures match together?



Lesson objectives: - Identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up

-Recognise how I feel about these changes happening to me and how to cope with these feelings

This lesson does not attempt any explanation of how the sperm and the egg come together. It is likely that the question may come up, though. In that case you may choose just to say that that's another special bit about making a baby, and we're saving up learning about it until later;

What does the Game of pairs game tell us about how a new life starts? For all living things, the female produces 'babies', a new life

which starts off tiny and grows to be an adult animal or human.

Ask the children what's different about the hen's egg compared to how other animals have babies?

Explain that for some animals, the mother lays the egg and baby grows inside it, but for others the baby grows inside the mother until it is ready to be born, and that's the way it happens for humans.

(If appropriate, clarify that babies can also come into families by adoption or fostering so that they can be loved and cared for if for any reason the birth mother/father can't look after them).



Last lesson we looked at puberty which means changes that happen to our bodies. Puberty is really about getting boys' and girls' bodies ready for growing and having babies when you are a grown up. Although a baby is born by the mother, it needs a little bit of the father too to start them off in the first place!

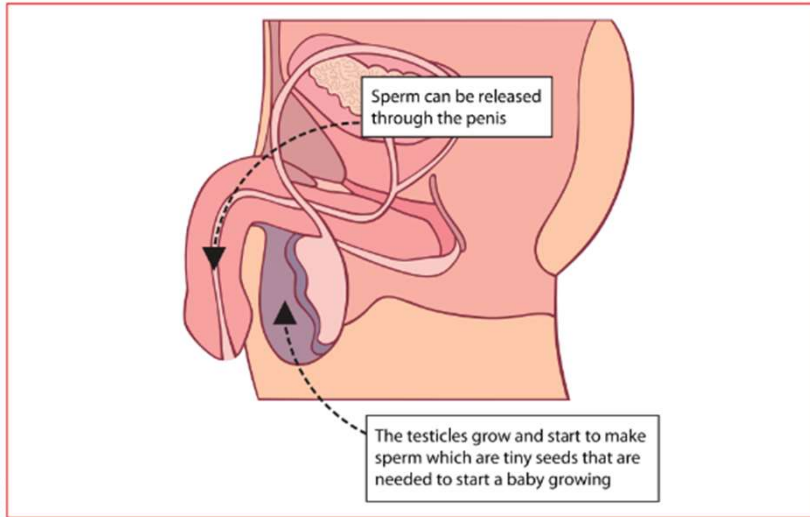


Last time we looked at how bodies change on the outside at puberty, but now they need to go on a journey to the inside to look at those changes too.

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Check with y3 staff.

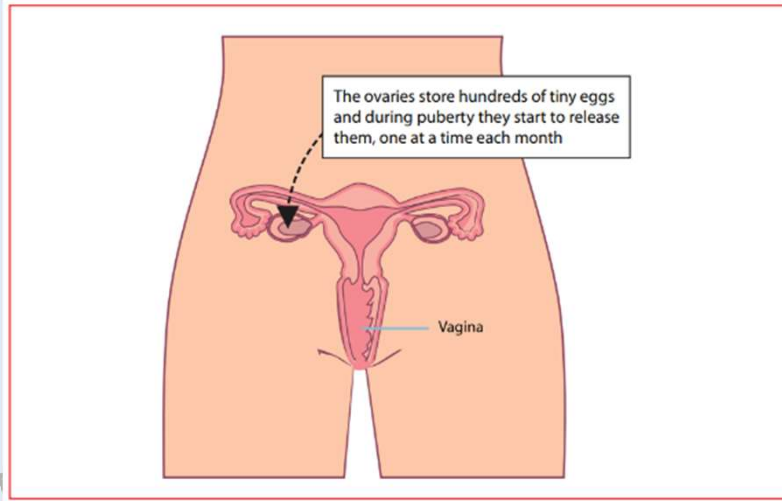


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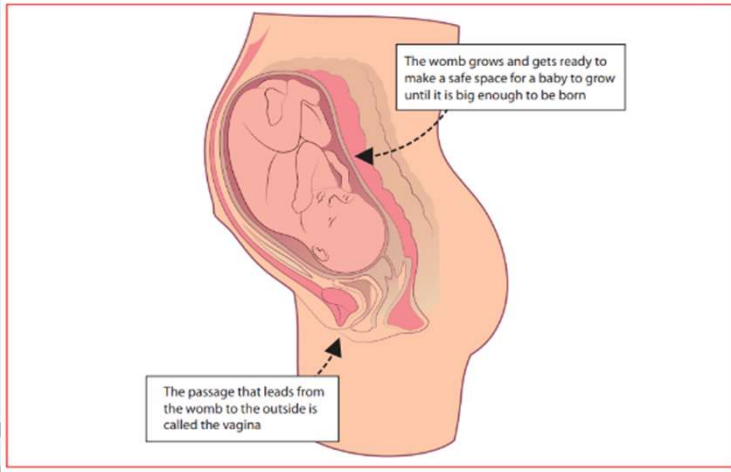


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Lesson 5

Play Charades!

Take a card from the selection and act it out without saying any words – can the action be guessed by your peers?

- Lesson objectives:
- Start to recognise stereotypical ideas I might have about parenting and family roles
 - Express how I feel when my ideas are challenged and be willing to change my ideas sometimes.



Without talking to anyone complete the table showing different tasks. Are they completed by males, females or either.

When completed, compare your answers with your partner/table. Are there any similarities or differences between your answers? Who would like to share their thoughts with the class? Would anyone change their answers now? Why? Why not?

Task	Male	Female	Either
Washing the car			
Decorating the house			
Changing the bed			
Mowing the lawn			
Picking and arranging flowers			
Cooking dinner			
Bathing a child			
Changing a baby's nappy			
Washing up			
Putting the bins out			

Be prepared to challenge the children and offer alternative ideas where appropriate. Be mindful of cultural differences as well as the Equality Duty.



What does stereotypical mean?



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Explain to the children what stereotypical means and draw out what roles seem to be more stereotypical in the task cards than others. Ask the children to think about whether this is always true/sometimes true. Ensure that the children understand that it is OK for both males and females to do any of the roles within the family. Ask them to think about why/how roles might be taken on in different families.



Design a duvet

Boys, you are going to design a duvet cover for the girls.

Girls, you will design a duvet cover for the boys.

You have 15 minutes.

REFLECT

Are any of the designs stereotypical?
Would any of the designs appeal to just boys/girls (the intended audience), or could they appeal to a different gender?

In groups of the same gender, ask the children to design a duvet cover on a large piece of paper. The girls need to design a duvet cover for boys, and the boys design a duvet cover for the girls. Explain they just have 10 minutes for this task so need to work speedily and their ideas can be draft.

When the designs are complete, display all the designs. Ask the children if any of the designs are stereotypical?

Would any of the designs appeal to just boys/girls (the intended audience), or could they appeal to a different gender?

What do shops and TV adverts do to try and sell things to girls and sell things to boys? Is this stereotypical?

Is it fair to always think this way about males and females?



Lesson 6

What are you looking forward to next year?

How are you feeling going into another school year?

- Lesson objectives:
- Identify what I am looking forward to when I move to my next class
 - Start to think about changes I will make next year and know how to go about this



'Reflective' Firework!



- Something you are looking forward to in school next year
- A change you would like to make for yourself next year
- Something you have learned about your body and growing up
- How you feel about growing up
- Something that worries you about growing up and what you can do about it
- Something you are looking forward to about growing up

Using strips of paper you need to write a reflective sentence for each on this list. These will then be stuck to a paper straw to make a reflective firework!



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