Apley Wood Primary School **Respect Yourself** **Year Group:** Year 3

To prepare for and understand changes that occur as part of puberty.
To recognise physical and emotional changes.

Term	Objectives	Plan	Resources
Summer	Growing Up To prepare for and understand changes that occur as part of puberty. To recognise physical and emotional changes.	Children identify physical and emotional changes that will happen to them in the next year. They consider what things will change over time and what things will remain the same. Children discuss different names that may be used for different body parts.	**Respect Yourself p. 300/ 301/ 302**
Summer	Knowing Our Bodies To identify current levels of knowledge and understanding about puberty, menstruation and conception.	Children continue to explore growing up and understand more about how their bodies will change. Children are introduced to the word puberty to describe the changes.	SENSES DVD KS1 – being healthy KS2 – being safe section 1 and 2

Parents may withdraw from lessons highlighted in yellow.