



*For Learning That Lasts A Lifetime*

20<sup>th</sup> May 2026

Dear Parent/Carers of Year 3

### **PSHE Year 3 Term 6**

This school year we have continued implementing the PSHE (Personal, Social and Health Education) Programme across our school called Jigsaw: the mindful approach to PSHE. The lessons have built children's emotional literacy, self-esteem and knowledge of who they are and how they relate to each other and the world in a positive and healthy way.

The term 6 puzzle is 'Changing Me' and it is all about coping positively with change. We feel it is important that our children feel both knowledgeable and prepared for the changes of human bodies. In Year 3, the children start to look at the natural changes that will occur in their body through puberty.

In order to support your child and have a good understanding of what they will be learning, I am including the lesson plans and key vocabulary below that we will be following, so that you will be clear of the learning that has taken place at school ready for any questions at home.

### **Outside Body Changes – Lesson 2**

During this lesson, children will understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. They will identify how boys' and girls' bodies change on the outside during this growing up process and will also learn to recognise how they feel about these changes happening to them and know how to cope with those feelings.

The teacher will explain that sometimes changes feel exciting and good, sometimes difficult, and often a bit of both; and that one thing we can be sure of is that there will always be changes in our lives, because living things are always changing. They will be introduced to an important change which happens gradually to everybody - it will start sometime in the next few years and carry on into their teens. The term puberty will be introduced and discussed as the collection of changes that will gradually change their bodies from a child's body into an adult's body. It will be emphasised that puberty is a natural part of growing up for everyone.

A large outline figure of a body will be put on the floor and a card read out that suggests a change that occurs in puberty. This activity will be completed for changes to male and female bodies. At this point the teacher will re-emphasise the importance of learning about how their body will change, so that they will not be worried when it happens to them.

A set of slides will then be used to reinforce physical changes from child to adult in males and females. The teacher will say that these body changes happen at a different time and pace for each person because our bodies are all unique. The children will be offered reassurance that if they are worried about any of the changes, they can talk to a trusted adult about them.

The children will finish this lesson by working with a partner and discussing and agreeing which changes should go in the 'can control' and 'can't control' categories. The children will write down one

thing they are looking forward to about growing up, and one thing that they are worried about. They will then be invited to share how they feel about these changes.

### **Key vocabulary for lesson 2:**

change, puberty, control, breasts, pubic hair, penis, testicles.

### **Inside Body Changes – Lesson 3**

During this lesson, children will 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. They will learn to recognise how they feel about these changes happening to them and how to cope with these feelings.

The teacher will start by explaining that for most living things, the female produces 'babies', a new life which starts off tiny and grows to be an adult animal or human. They will learn 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, the teacher will 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).

The children will be reminded that in the last lesson they were learning about puberty - the changes that get them ready for life as an adult. It will be explained that puberty is about getting boys' and girls' bodies ready for making and having babies when they are grown up. It will be discussed that the amazing thing about babies is that although they are born from the mother, they need both a little bit of the mother and a little bit of the father to start them off in the first place.

Using a series of powerpoint slides the children will consider the following:

- The boy's penis will get bigger. His testicles will also grow and start to make sperm which are tiny seeds that are needed to start a baby growing.
- Sperm can be released through the penis. It is the sperm that are needed to make the baby inside the mother's body.
- The girl's ovaries store hundreds of tiny eggs and during puberty they start to release them, one at a time each month. Girls are born with all these eggs inside their ovaries (called ova) waiting for puberty to start.
- When one of these eggs (or ova) joins with a sperm it will start to grow into a baby.
- The female reproductive system has two openings and these are covered by the vulva: the urethra which lets urine out, and the vagina which leads to the womb and the other internal reproductive structures.

The children will again be invited to share some of their thoughts about the good things and the worries about puberty. They will be again reminded that the changes can happen in a different way for everyone. The class will discuss when these changes might start to happen to them – usually between the ages of 8-15 but that everyone is different. Children will be reminded who they can speak to if they have any further questions.

We are explaining these changes before they happen so that the children won't be surprised or caught out by these changes in the future.

### **Key vocabulary for lesson 3:**

puberty, male, female, breasts, pubic hair, testicles, scrotum, sperm, penis, ovaries, egg, ovum/ova, womb/uterus, vagina

### **Keeping Ourselves Clean – Lesson 4**

Children will learn to understand that as girls' and boys' bodies change, they need to think more about keeping clean and healthy. They will think about some simple ways to keep clean and protect themselves from infections.

The children will carry out an activity using glitter/chalk/cornflour to represent germs and they will shake hands with others to see how easily germs can spread. They will be reminded about regular handwashing and that there are also bacterial germs hiding in our urine and faeces.

Children will learn that new hair can develop on our bodies during puberty and this is another reason to keep clean as hair can trap dirt and sweat that might make us smell or feel uncomfortable. Children will learn that as they get older, they may start to sweat more, particularly around their armpits and genitals. They will be taught that bacteria love warm and damp places and so our genitals are perfect for the bacteria to grow. Children will be told that most germs are harmless, but a few can make us unwell. Keeping clean doesn't stop all infections, but it helps our bodies stay healthy and lowers the chance of picking up germs that could make our bodies unwell.

The class will discuss the different ways we can keep ourselves clean. They will work together to complete the 'Keeping our bodies clean' worksheet.

Children will be reminded of who they can speak to if they have any worries or further questions.

### **Key vocabulary for lesson 4:**

change, puberty, personal hygiene, genitals, unwell, infections

We hope you will be in agreement with us that this work is vitally important for children, that it needs to be done age-appropriately and that the Jigsaw programme gives us a secure framework in which to do this.

Please contact your class teacher, in the first instance, if you have any questions about this lesson or would like any further information.

Yours sincerely,

*L. Brett*

**Lucy Brett**  
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