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**Monday 19<sup>th</sup> May 2025**

## **Year 3 PSHE (Changing Me)**

Dear Parent/Carer,

Over the coming term, Year 3 will begin the Relationship and Sex Education (RSE) work. Relationship & Sex Education became a statutory part of the National Curriculum in September 2020.

The Curriculum focuses on the human life cycle and differences between boys & girls. The children will also spend time learning about the human body, including the scientific names for male and female reproductive organs.

A full overview of your child's planned learning can be found on the following page.

If you have any questions about your child's RSE work, please contact either myself or Miss Hutchinson via Main Reception. Mrs Maddison will also be able to provide support materials for parents/carers to discuss age appropriate RSE in the home.

Kind regards,

**Mr S Houghton**  
**Deputy Head Teacher**

## Year 3 Curriculum Content

Weekly Celebration	Pieces	PSHE learning intention	Social & Emotional development learning intention
Understand that everyone is unique and special	How babies grow	I 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	I understand there are some changes that are outside my control and can recognise how I feel about this
Can express how they feel when change happens	Babies	I understand how babies grow and develop in the mother's uterus. I understand what a baby needs to live and grow	I can identify people I respect who are older than me
Understand and respect the changes that they see in themselves	Outside body changes	I understand that boys and girls' bodies need to change so that when they grow up, their bodies can make babies. I can identify how boys' and girls' bodies change on the outside during this growing up process	I feel proud about becoming more independent
Understand and respect the changes that they see in other people	Inside body changes	I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up	I can tell you what I like/dislike about being a boy/girl
Know who to ask for help if they are worried about change	Family Stereotypes	I can start to recognise stereotypical ideas I might have about parenting and family roles	I am confident to say what I like/don't like and can ask for help
Are looking forward to change	Looking ahead	Identify what I am looking forward to when I move into my next class	I can start to think about changes I will make when I am in Year 3 and know how to go about this