

Year 3

Parent Booklet

Lesson 1

Learning Objective:

Please teach me to...

understand that in animals and humans lots of changes happen between birth 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

Pair Game



Lesson 2

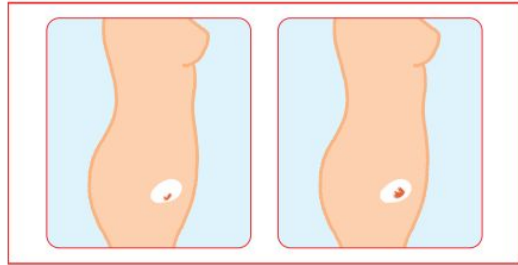
Learning Objective

Please teach me to...

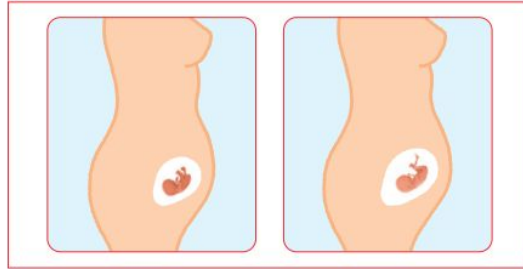
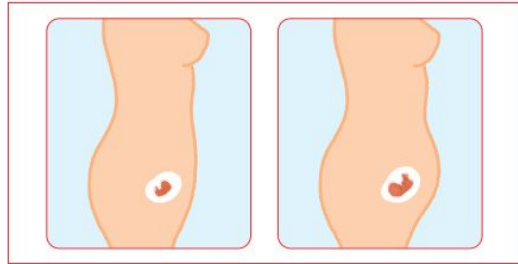
understand how babies grow and develop in the mother's uterus and
understand what a baby needs to live and grow

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

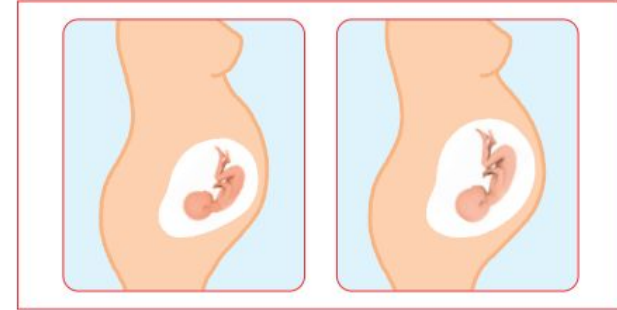
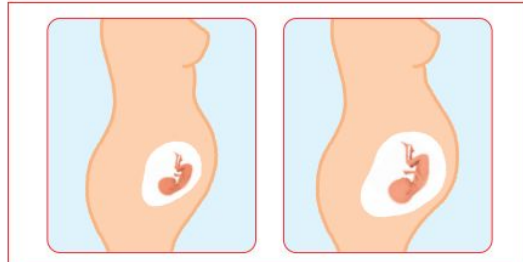
How does a baby grow?



Slide 4



Slide 6



Lesson 3

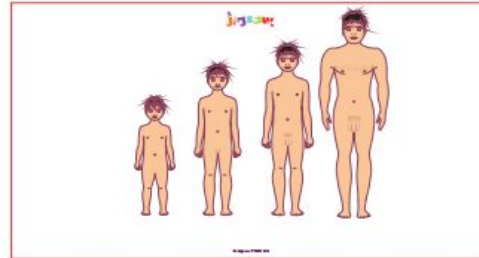
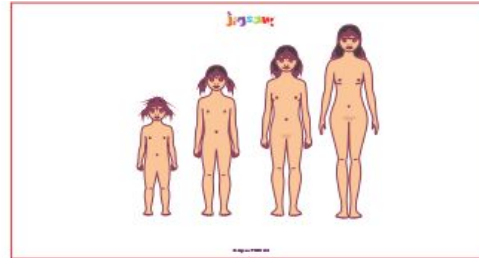
Please teach me to...

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 change happening to me and know how to cope with those feelings

Outside Body Changes

I will grow taller	I will develop pubic hair between my legs
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 breasts will grow	My penis and testicles will grow larger
My feet will get bigger	My skin will get less smooth



Changes I can't control
Changes I can control

A red outline of a human body is shown. The left side is labeled 'Changes I can't control' and the right side is labeled 'Changes I can control'.

Growing pubic hair	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	Penis growing larger
Developing breasts	Starting new hobbies	Getting a boyfriend or girlfriend	

Lesson 4

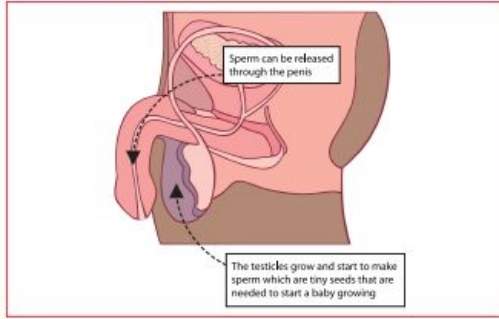
Learning Objective:

Please teach me to...

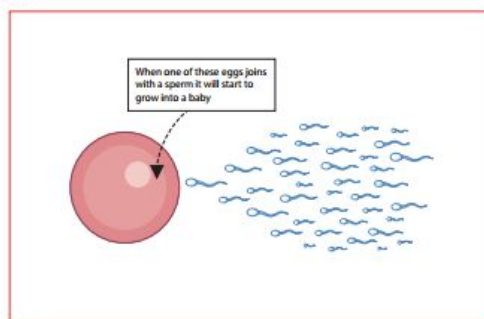
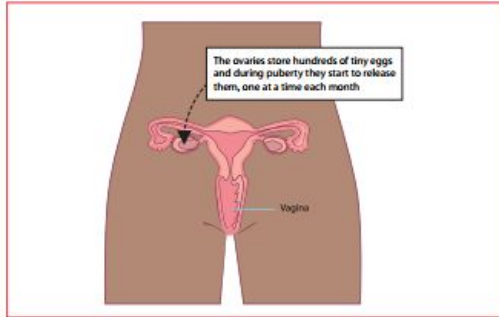
identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up

recognise how I feel about these changes happening to me and how to cope with these feeling

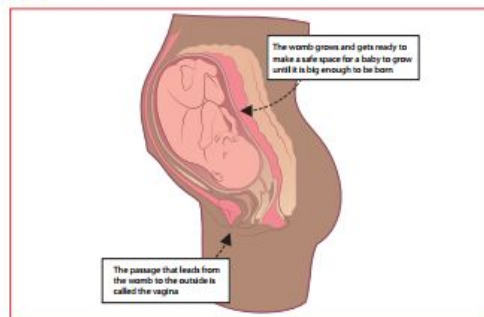
Looking at changes on the inside



Slide 8



Slide 10



Boys have a bag of skin between their legs which holds the t_ _ _ _ _

These grow bigger and start to make s_ _ _ _ tiny seeds which are needed to start a baby.

When they are needed these seeds are released through the p_ _ _ _

Inside a girl, low down between her hips, are two o_ _ _ _ _

Stored inside these are lots of tiny e_ _ _

They start to be released, one at a time, into a tube that leads to the w_ _ _ _

This is a warm, safe space where a baby will grow if the egg joins with a sperm.

The womb is connected to an opening between the girl's legs by a passage called the v_ _ _ _ _

Ovaries	Sperm	Vagina	Testicles	Eggs	Womb	Penis
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Lesson 5

Learning Objective:

Please teach me to...

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

Whose job is it?

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			

Lesson 6

Learning Objective:

Please teach me to...

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

Thinking ahead to year 4

A vertical bar chart with six colored bars of varying heights, each containing a question about looking forward to year 4. The bars are arranged from top to bottom in the following order: light green, light purple, light blue, light orange, light pink, and light green. The questions are:

- 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