PSHE
Knowledge Organiser

Year 3 – Summer 2
Changing Me

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Focus Question: How can I embrace change positively?

Key Vocabulary

life cycle	Stages of growth and change.
puberty	Changes from a child to an adult body.
testicles	Male organs that make sperm.
ovaries	Female organs containing eggs.
womb	Where a baby may develop.
hygiene	Keeping the body clean.
stereotype	A fixed idea about people.

Key Learning

- I know humans and animals change as they grow.
- I can describe external changes during puberty.
- I can describe internal changes during puberty.
- I know puberty means taking more care with hygiene.
- I can challenge stereotypes about family roles.

Changing Me in Action



Growing and changing

Bodies develop at different times and speeds.



Inside and outside

Puberty brings changes we can talk about.



Keep clean and care

Hygiene and shared family care are important.

Remember and Try

- Use correct names for body parts.
- Wash regularly and ask trusted adults questions.
- Remember caring roles are for everyone.

End Point

I can describe changes during puberty, explain personal hygiene and challenge stereotypes about caring family roles.