



Athersley South Primary School

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Me and My Body - Year 3

Dear Parents/ Carers,

This term we will be learning about how our bodies change and grow and how we can keep ourselves safe and healthy.

The science national curriculum objectives we will cover are:

- notice that animals, including humans, have offspring which grow into adults
- find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.

This learning links in really well with our PSHE work from the national curriculum for health and relationships, where the objectives we will cover are:

- I can judge what kind of contact is acceptable and unacceptable.
- I know that bacteria and viruses can affect health and that following simple routines can reduce the spread.
- To describe the main stages of the human lifecycle
- To describe the body changes that happen when a child grows up
- To discuss male and female body parts using agreed words

At Athersley South we are passionate about delivering a curriculum that provides all of our children with the skills, knowledge and confidence they need to live healthy, happy and successful lives now and in the future.

We cover the national curriculum for science and the health and relationships curriculum in personal, social, health, economic education (PSHE). Through this, we aim to teach our children to understand their bodies and how they can keep themselves safe, healthy and happy as they are growing and changing.

During these lessons, children may ask questions and all staff in our school will respond to these with sensitivity and kindness and provide the relevant facts at an age-appropriate level. Your children may also ask you questions in their safe home space to clarify their understanding or share any worries they have about their changing bodies.

If you have any questions about the lesson content or concerns over any of the national curriculum objectives, please speak to your child's class teacher or myself as subject leader who will be able to share the resources and explain the content in more detail.

Many thanks,
Miss Milner



Vocabulary Learnt in Me and My Body Topic

This page breaks down vocabulary into the year it will be introduced. I hope it helps to support you and your child/ren at home if they have questions or worries.

In each year, the previous learning will be reviewed to ensure children are confident with the earlier language before moving onto new concepts.

In Year 1 and Year 2

similar
different
boy/girl
male/female
private parts
penis
vagina and vulva
clean

In Year 3

similar/different
male/female
penis and testicles
lifecycle
vagina, vulva and womb
gender roles and stereotypes
family
relationships