



The Acorn Partnership

Marston Montgomery Primary School  
Long Lane C of E Primary School

## Knowledge Organiser - Growing and Changing Summer Term 2 2025 Year 3

### Key Themes:

Growing and changing, Keeping safe, Relationships, Menstruation



### Sticky Knowledge - What I learnt in Year 2

- I know how I can give support to a friend.
- I can describe feelings of loss and suggest what someone can do if a friend moves away.
- I know the stages of growth I have been through and what I look forward to in my future
- I know the names of the human private parts that are used to make a baby.
- I know about keeping private parts private.

### Key Knowledge - What I will know at the end of the unit

- I know the meaning of 'body space' and when it is appropriate or inappropriate to allow someone into their body space
- I know the different types of relationships people have and their different purposes and qualities.
- I know what makes a positive relationship and what makes a negative relationship.
- I know and can describe how a girls and boys body will change when it reaches puberty
- To know the menstruation cycle is something that happens when a sperm does not meet an egg.



Keywords	Definition
<b>Angry</b>	A strong feeling when something feels unfair or upsetting, and you might want to shout or cry.
<b>Penis</b>	A private body part that boys have
<b>Relationships</b>	The way people are connected, like with friends, family, or people who care about each other.
<b>Body Space</b>	The area around you or someone else — where we should feel comfortable and not crowded.
<b>Touch</b>	When something or someone makes contact with your skin, like a hug or a pat on the back.
<b>Assertive</b>	Speaking up clearly and kindly when you need to say what you think or feel.
<b>Vagina</b>	A private body part that girls have, inside their body, which can be part of having a baby one day.
<b>Jealous</b>	A feeling you might get when you wish you had something someone else has.
<b>Womb</b>	A special place inside a girl's or woman's body where a baby can grow.
<b>Period</b>	When blood comes from a girl's private parts each month as part of growing up.
<b>Menstruation pad</b>	Something soft and absorbent that some girls wear in their underwear to catch period blood.
<b>respect</b>	Treating people kindly and fairly, listening to them, and showing they are important.

Keywords	Definition
<b>Breasts</b>	A part of the body some people have on their chest; they can grow during puberty.
<b>Uncomfortable</b>	A feeling when something doesn't feel quite right or makes you feel worried or uneasy.
<b>Caring</b>	Being kind and fair to others, and treating them the way you want to be treated.
<b>Genitals</b>	The private parts of a person's body used for going to the toilet or for reproduction.
<b>Upset</b>	Feeling sad, worried, or hurt inside.
<b>Egg</b>	A tiny part from inside a girl's or woman's body that can grow into a baby if it joins with a sperm.
<b>Healthy</b>	Feeling well in your body and mind — having energy and taking care of yourself.
<b>Puberty</b>	The time when a child's body starts changing into an adult's body.
<b>testicles</b>	Two small parts in a pouch of skin under a boy's private part that make sperm when older.
<b>trust</b>	Believing someone will be kind, honest, and do the right thing — someone you can count on.