



Key Themes:

Managing difficult feelings, Relationships including marriage, Body changes during puberty



Sticky Knowledge - What I learnt in Year 3

- 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 girl's and boy's body will change when it reaches puberty
- To know the menstruation cycle is something that happens when a sperm does not meet an egg.



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

- I know there are different emotional reactions to different types of change
- I know that the onset of puberty can have both an emotional and physical impact
- I know what happens to a woman or a man's body during puberty and that this is linked to reproduction.
- I know the key facts of the menstrual cycle and understand that periods are a normal part of puberty
- I know some of the reasons why a person would want to be married, or live together, or have a civil ceremony.
- I know that marriage should be entered into freely

Keywords	Definition
Breasts	A part of the chest that some people's bodies grow during puberty. They can feed a baby.
Testicles	Two small parts in a pouch of skin under a boy's private part. They make sperm later in life.
Womb	A special place inside a girl's or woman's body where a baby can grow.
Choice	Being able to decide what you want to do or pick what is best for you.
Civil partnership	A legal way for two people to show they are in a loving relationship and want to share their lives.
Sperm	Tiny cells made in a boy's or man's body that can join with an egg to start a baby.
Penis	A private part of the body that boys have
Hormones	Special messengers in the body that help control how you grow and feel, especially during puberty.
Pubic hair	Hair that grows around the private parts when a person starts puberty.
Periods	A time each month when blood comes from a girl's private parts as her body starts to change and grow.
Marriage	A legal way for two people to say they want to live together and care for each other.
love	A strong feeling of caring deeply about someone, like in families or close friendships.

Keywords	Definition
Puberty	The time when a child's body starts to change into an adult's body.
Live together	When two people share a home and take care of each other, often because they care deeply for one another.
Uncomfortable	When you feel worried, sad, confused, or unsure about something — and it doesn't feel quite right.
Feelings	The different ways we experience things inside, like being happy, sad, angry, excited, or worried.
Menstruation	The process where blood comes from a girl's private parts each month as part of growing up.
Vagina	A private part inside a girl's body.
vulva	The outside private parts that girls have.
Compromise	Letting someone else use or have something of yours, or taking turns fairly.
ovaries	Two small parts inside a girl's body that store tiny eggs.
Wet dreams	When sticky liquid comes out of a boy's private parts during sleep, usually during puberty.