(Foxes Class) Year 3/4 Growing and Changing Units Summer 2

Week	Year 3	
summer 2 wk1 w/b 3rd June	Relationship tree • Identify different types of relationships; • Recognise who they have positive healthy relationships with. Activity: Children create trees with words on green leaves for positive health relationships (i.e. trust) and Brown leaves for negative - (Selfish/ angry all the time)	Moving house Describe some of the changes that happen to people during their lives; Explain how the Learning Line can be used as a tool to help them manage change more easily; Suggest people who may be able to help them deal with change. Activity: Listen to a story, discuss the events of the story on the “learning line.” Children create a learning line for their own change.
summer2 wk2 w/b 10th June	Secret or Surprise? • Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; • Recognise how different surprises and secrets might make them feel; • Know who they could ask for help if a secret made them feel uncomfortable or unsafe. Activity: Read the Harolds Secret story, discuss how secrets can either make us feel safe and happy or unsafe and uncomfortable. *Safe secret or unsafe secret?* Activity sheet. In pairs or threes the children can discuss	Secret or Surprise? Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; Recognise how different surprises and secrets might make them feel; Know who they could ask for help if a secret made them feel uncomfortable or unsafe. Activity: Read the Harolds Secret story; discuss how secrets can either make us feel safe and happy or unsafe and uncomfortable. Safe secret or unsafe secret? Activity sheet. In pairs or threes the children can discuss
summer 2 wk3 w/b 17th June	Body Space: • Understand what is meant by the term body space (or personal space);	My Feelings are all over the place Name some positive and negative feelings;

	• Identify when it is appropriate or inappropriate to allow someone into their body space; • Rehearse strategies for when someone is inappropriately in their body space. Activity: In pairs, children practise asking each other to move away when the other is in their body space. Make a poster: PANTS P Privates are private A Always remember your body belongs to you N No means no T Talk about secrets that upset you S Speak up, someone can help	□ Understand how the onset of puberty can have emotional as well as physical impact □ Suggest reasons why young people sometimes fall out with their parents; □ Take part in a role play practising how to compromise. Activity: Make a list on the whiteboard of the sorts of things teenagers and family could fall out over Hot seat Role-play - how to make a compromise. Vocabulary: puberty
summer 2 wk4 w/b 24th June	None of your Business. • Know that our body can often give us a sign when something doesn't feel right; to trust these signs and talk to a trusted adult if this happens; • Recognise and describe appropriate behaviour online as well as offline; • Identify what constitutes personal information and when it is not appropriate or safe to share this; • Understand and explain how to get help in a situation where requests for images or information of themselves or others occurs. Show the children the CEOP film clip *Lee and Kim*. Discussion on the video and what top tips for staying safe online.	All Change □ Identify parts of the body that males and females have in common and those that are different; □ Know the correct terminology for their genitalia; □ Understand and explain why puberty happens. Activity - Naming and drawing body parts. Video of puberty and questions. Animal growing stages - and why adults have children. - Drawing body parts, Female: vulva, vagina, ovaries, eggs, womb, clitoris, labia and breasts Male: penis, testicles, sperm, pubic hair.
summer 2 wk5 w/b 1st July	My Changing Body. • Recognise that babies come from the joining of an egg and sperm; • Explain what happens when an egg doesn't meet a sperm;	*My Changing Body.* □ *Recognise that babies come from the joining of an egg and sperm;*

	• Understand that for girls, periods are a normal part of puberty. Activity: Talk about puberty and its effects. Label internal organs and menstrual cycle diagrams. Asking the children for their knowledge on puberty. Female and male organs and diagrams. Talking about sperm, testicles, and ovaries. Video: https://kidshealth.org/en/teens/menstruation.html	*Explain what happens when an egg doesn't meet a sperm;* *Understand that for girls, periods are a normal part of puberty.* *Activity: Talk about puberty and its effects. Label internal organs and menstrual cycle diagrams. Asking the children for their knowledge on puberty? Female and male organs and diagrams. Talking about sperm, testicles, and ovaries.* Preparing for puberty. Know the key facts of the menstrual cycle; Understand that periods are a normal part of puberty for girls; Identify some of the ways to cope better with periods. Activity - Looking at different period products to see how they protect clothes. Period quiz Discussion and video - managing wet dreams. https://kidshealth.org/en/teens/menstruation .html https://amaze.org/video/puberty-wet- dreams/
summer 2 wk6 w/b 8th July	Basic First Aid. • How to make a clear and efficient call to emergency services if necessary. • Concepts of basic first-aid, for example dealing with common injuries, including head injuries. Activity: The site contains two introductory lessons: 1. Why is first aid important	Together Understand that marriage is a commitment to be entered into freely and not against someone's will; Recognise that marriage includes same sex and opposite sex partners; Know the legal age for marriage in England or Scotland; Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.

	2. Giving first aid (Subsequent lessons for specific injuries)	Activity - Sheet about what we can do on our own and what we can do better together.