



SAINT JAMES'

# The ASPIRE Curriculum-Key Learning



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**Title: Changing Me**

**Year 3 Summer 2**

**Subject: PSHE**

## Key Knowledge

- I know that in animals and humans lots of changes happen as they grow up.
- I know that in nature it is usually the female that carries the baby.
- I know that in humans a mother carries the baby in her uterus (womb) and this is where it develops.
- I know that babies need love and care from their parents/carers.
- I know some of the changes that happen between being a baby and a child.

## Key Skills (Social and Emotional)

- I can express how I feel about babies.
- I can describe the emotions that a new baby can bring to a family.
- I can identify stereotypical family roles and challenge these ideas e.g. it may not always be Mum who does the laundry.
- I can identify changes that I am looking forward to in the next year.
- I can suggest ways to help me manage feelings during changes I am more anxious about.

Challenging stereotypes



## Key Vocabulary

Care

To look after and provide what someone needs.

Growing up

The process of changing from a baby to a child and then an adult.

Nutrients

Substances necessary for energy and body function.

Role

The tasks or duties that someone is expected to do.

Stereotypes

Widely held fixed view of a particular type of person.

Uterus/  
Womb

A muscular organ in females where a baby develops.

# Changing Me

