



Year Three RSE

Information

[Insert Date]

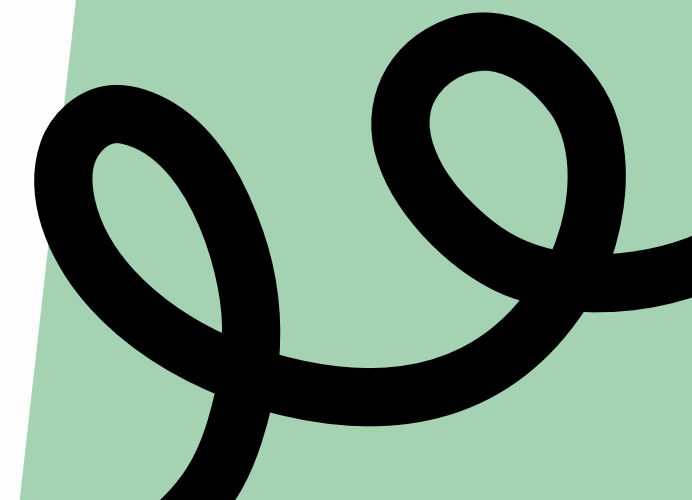
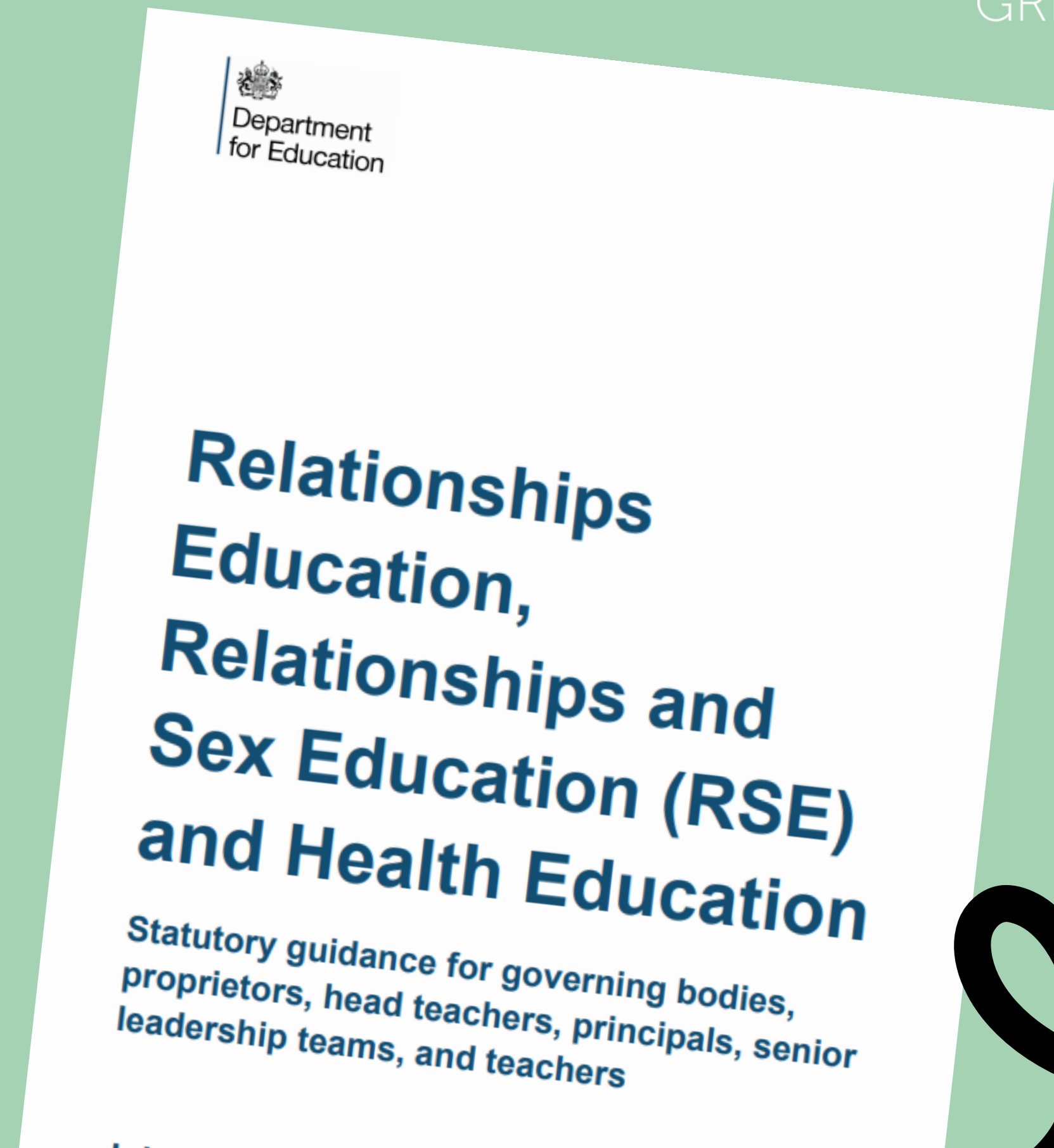


Statutory requirements

Relationships Education and Health Education became statutory in all primary schools in September 2020, as outlined in the DfE's statutory guidance for Relationships, Sex and Health Education. Updated guidance was published in 2025 and will be implemented from September 2026.

These subjects are a statutory entitlement for all children. This means that whilst we highly value parental views and take these into account when planning and reviewing our curriculum, parents cannot withdraw children from Relationships or Health Education content. However, parents do retain the right to request withdrawal from specific non-statutory Sex Education lessons.

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>



Lesson One: How Babies Grow

Lesson overview

- To understand that everyone is unique and special
- I understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby
- I can express how I feel when I see babies or baby animals

Key Vocabulary

- Male
- Female
- Changes
- Birth
- Animals
- Babies
- Mother
- Growing up

Examples of lesson content



Birth → **Young** → **Fully Grown**



Lesson Two: Outside Body Changes

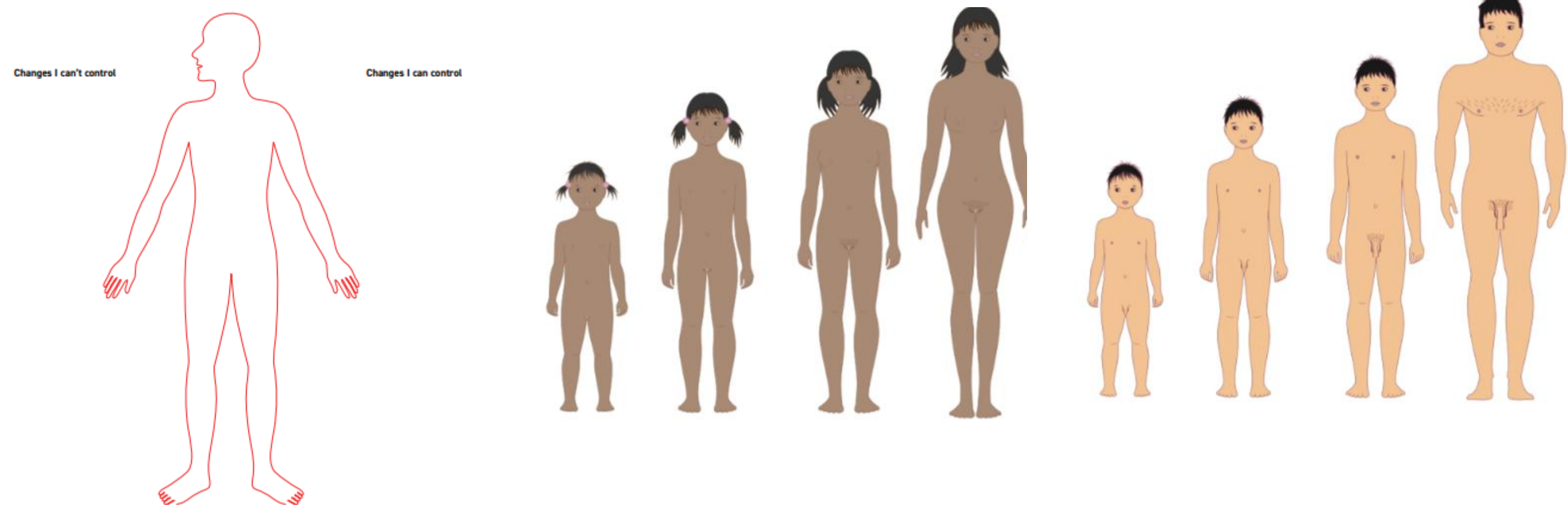
Lesson overview

- I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies
- I can identify how boys' and girls' bodies change on the outside during this growing up process
- I recognise how I feel about these changes happening to me and know how to cope with those feelings

Key Vocabulary

- Change
- Puberty
- Control
- Breasts
- Pubic hair
- Penis
- Testicles

Examples of lesson content



Lesson Two: Outside Body Changes

Flashcards

I will grow taller

**I will develop pubic hair
between my legs**

Hair will grow under my arms

Hair will grow on my legs

I will grow hair on my face

My hips will widen

**My chest and shoulders will get
broader**

My voice will get deeper

**My breasts and nipples
will grow**

**My penis and testicles
will grow larger**

My feet will get bigger

My skin will get less smooth

Lesson Three: Inside Body Changes

Lesson overview

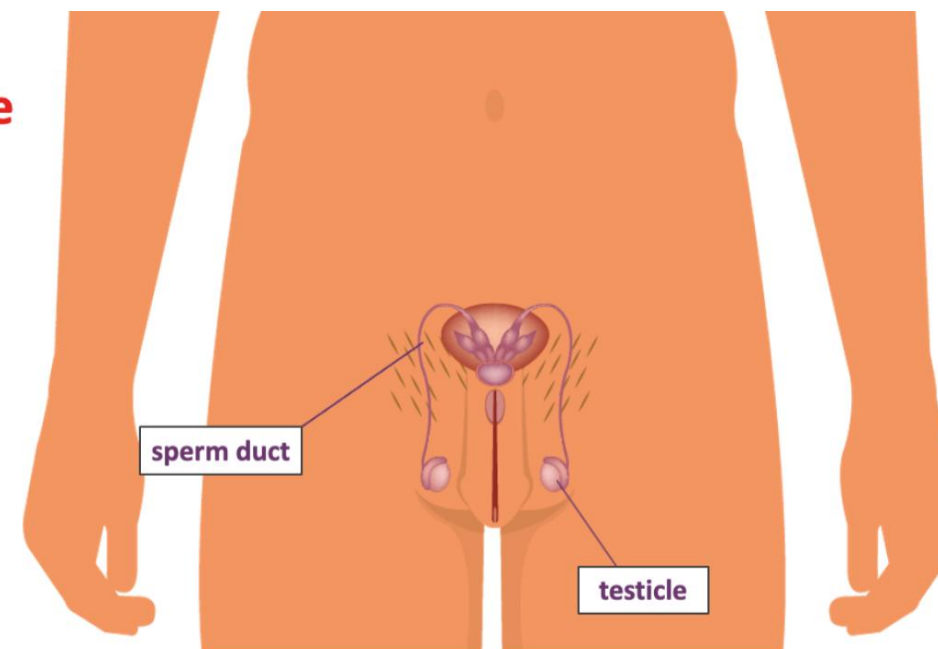
- I can identify how boys' and girls' bodies change on the inside during the growing up process
- I can express why these changes are necessary so that our bodies can make babes when we grow up
- I can express how I feel about these changes happening to me and know how to cope with these feelings

Key Vocabulary

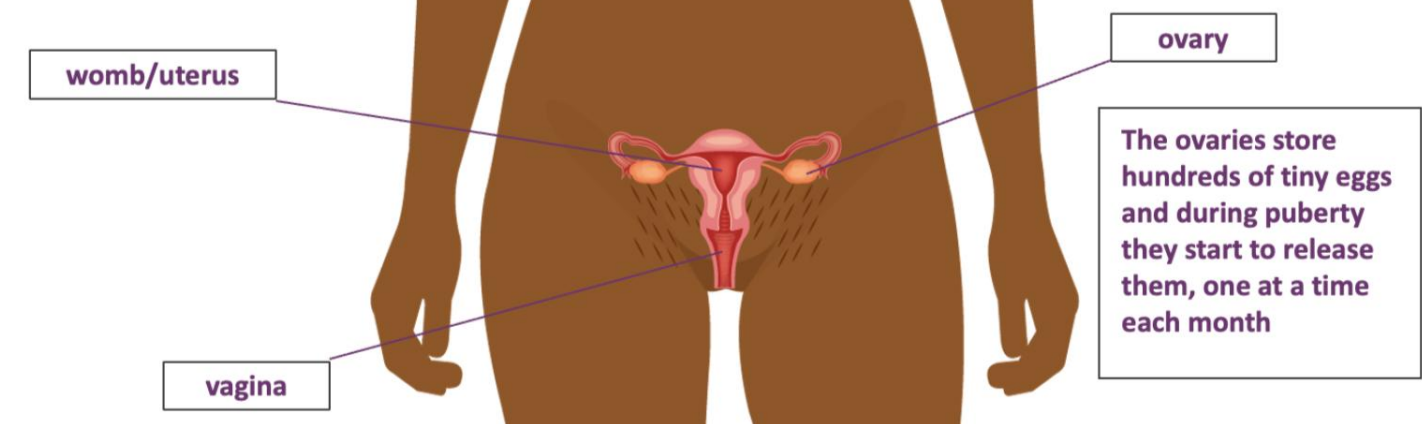
- Puberty
- Sperm
- Ovaries
- Egg
- Womb/uterus

Examples of lesson content

Male: on the inside



Female: on the inside



Lesson Four: Keeping Ourselves Clean

Lesson overview

- I understand that as boys' and girls' bodies change at puberty and that there are ways to keep clean and healthy
- I know some simple ways of keeping clean which can keep me healthy and protect me from some infections
- I can identify ways to keep my body clean as I grow up and express how I feel about this

Key Vocabulary

- Change
- Puberty
- Personal hygiene
- Genitals

Examples of lesson content



Personal hygiene

Personal hygiene is the way in which we keep our bodies clean.

As we go through puberty, we begin to sweat more, especially around our armpits and our genitals. This provides the perfect conditions for the bacteria that live on our bodies to grow.

Washing other places that hair grows –

- Under our arms,
- Our genitals (penis/vulva)

Washing our hair regularly to stop it getting greasy

Wash gently with soap -or gentle wash cream - and water



Lesson Five: Family Stereotypes











Lesson overview

- I know who to ask for help if they are worried about change
- I can start to recognise stereotypical ideas I might have about parenting and family roles
- I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes

Key Vocabulary

- Stereotypes
- Task
- Roles
- Challenge

Examples of lesson content

Task	Male	Female	Either
Washing the car 			
Decorating the house 			
Changing the bed 			
Mowing the lawn 			
Picking and arranging flowers 			
Cooking dinner 			
Bathing a child 			
Changing a baby's nappy 			
Washing up 			
Putting the bins out 			



Why do families do different tasks?

Lesson Six: Looking Ahead

Lesson overview

- I can identify what I am looking forward to when I move to my next class
- I can start to think about changes I will make next year and know how to go about this

Key Vocabulary

- Change
- Looking forward
- Worries

Examples of lesson content



One thing I am looking forward to about next year is...



- How I feel about the changes that happen during puberty
- Something I am looking forward to about growing up
- Something I have learned about boys' and girls' bodies
- One way I will keep my body clean and healthy
- Something that worries me about growing up and how I can manage it
- A change I would like to make for myself next year
- Something I have learned about caring families or challenging stereotypes