

RSE

**Relationship and Sex
Education**

Summer 2



Year 3

Growing up and changing

Lesson Outlines

Discussion Questions

What changes might you go through as you grow older?

What might a child of the other sex go through as they grow older?

How does it affect behaviour and feelings?

Reading Materials

- *Frog in love, Max Velthuijs*
- *What's happening to me (girls), Susan Meredith*
- *What's happening to me (boys), Alex Frith*
- *Let's talk about girls, boys, babies, bodies, families and friends, Robie H. Haris*
- *Love you forever, Robert Munsch*

LESSON ONE

Pupils learn about the way we grow and change throughout the human lifecycle

Pupils • can identify changes throughout the human life cycle • understand change is on-going
• understand change is individual

LESSON TWO

Pupils learn strategies to deal with feelings in the context of relationships

Pupils • are able to identify feelings and understand how they affect behaviour • can practise strategies for managing relationships and changes during puberty • can empathise with other people's feelings in relationships, including parents and carers