



Goresbrook School
The best in everyone™
Part of United Learning

Jigsaw: Sex and Relationships Education

Year 3



Why teach SRE?

- + To protect our young children against exploitation
- + To ensure only correct information is shared in a safe, secure and sensitive way
- + Start of puberty much younger
- + Ensure children are not misinformed
- + Safety on the internet



Why Jigsaw?

- + Provides lessons that promote engagement between students
- + Encourages varied teaching strategies to accommodate the different learning styles in the classroom
- + Gradual build up of information and knowledge
- + Age appropriate
- + Not explicit



Government guidance

'Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way. In primary schools, we want the subjects to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online.'

'We are clear that parents and carers are the prime educators for children on many of these matters. Schools complement and reinforce this role.'

(Relationships Education, Relationships and Sex Education (RSE) and Health Education, 2019)



Your concerns regarding SRE

My children are too young to learn about sex and sexual relationships

- + Gradual build up of information and knowledge
- + Always age appropriate and not explicit
- + Helps to protect children from exploitation
- + Based on the emotions of growing up, puberty and respecting our bodies



Your concerns regarding SRE

It is not in my culture.

- + Within all of our cultures, it is important to support our child's physical, emotional and moral development
- + Jigsaw helps them to understand themselves, respect others and form and sustain positive and healthy relationships



What can SRE do for your children?

To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings (without fear)

To help young people develop positive and healthy relationships appropriate to their age, development, etc. (respect for self and others)

To support young people to have positive self-image and body image, and to understand the influences and pressures around them

To make informed choices when considering any age-appropriate relationship, to keep themselves safe



SRE in Year 3

- + Seeing things from others' perspectives
- + Families and their differences
- + Family conflict and how to manage it (child-centred)
- + Witnessing bullying and how to solve it
- + Homophobic bullying
- + Recognising how words can be hurtful
- + Giving and receiving compliments
- + Respect for myself and others
- + Healthy and safe choices
- + Family roles and responsibilities
- + Friendship and negotiation
- + Keeping safe online and who to go to for help
- + Being aware of how my choices affect others
- + Awareness of how children have different lives
- + Expressing appreciation for family and friends
- + Understand how babies grow
- + Understand a baby's needs
- + Identify outside body changes at puberty
- + Identify inside body changes at puberty
- + Learn about family stereotypes



Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
Understand that everyone is unique and special	1. How Babies Grow	I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby	I can express how I feel when I see babies or baby animals	Jigsaw Chime, 'Calm Me' script, Baby/mother pair cards, PowerPoint of baby animal pictures, Jigsaw Jino, Mini-whiteboards and pens (or paper and pens), Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Can express how they feel when change happens	2. Babies	I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow	I can express how I might feel if I had a new baby in my family	Jigsaw Chime, 'Calm Me' script, Baby PowerPoint slide, Mini-whiteboards/ pens (or paper and pens), Baby growing PowerPoint, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jino, Jigsaw Jerrie Cat.
Understand and respect the changes that they see in themselves	3. Outside Body Changes	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	Jigsaw Chime, 'Calm Me' script, Outline figure of a body on large flipchart paper, Set of Body Change cards, PowerPoint slides: Body Changes, My Life, My Changes' sheet, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jino, Jigsaw Jerrie Cat.
Understand and respect the changes that they see in other people	4. Inside Body Changes	I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up	I recognise how I feel about these changes happening to me and know how to cope with these feelings	Parent/Child pairs cards (from lesson/Piece 1), Jigsaw Chime, 'Calm Me' script, PowerPoint slides: Body Changes from Piece (lesson) 3, PowerPoint slides: Changes on the inside, Animations (moving diagrams): Male and Female Reproductive Systems, 'The Great Growing Up Adventure' sheet, Jigsaw Journals, Post-it notes/small slips of paper, Jigsaw Jino, Jigsaw Jino's post box, My Jigsaw Journey, Jigsaw Jerrie Cat.
Know who to ask for help if they are worried about change	5. Family Stereotypes	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	Charades cards, Jigsaw Jino, Jigsaw Chime, 'Calm Me' script, Task card resource sheet, Flipchart paper/pens, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.
Are looking forward to change	6. Looking Ahead Assessment Opportunity ★ Puzzle Outcome: Ribbon Mobiles	identify what I am looking forward to when I move to my next class	start to think about changes I will make next year and know how to go about this	Jigsaw Jino, Jigsaw Chime, 'Calm Me' script, PowerPoint slide for 'Ribbon mobiles', Wooden batons/ sticks, Different coloured paper strips (6 per child), Tape, Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jerrie Cat.



SRE in Year 3

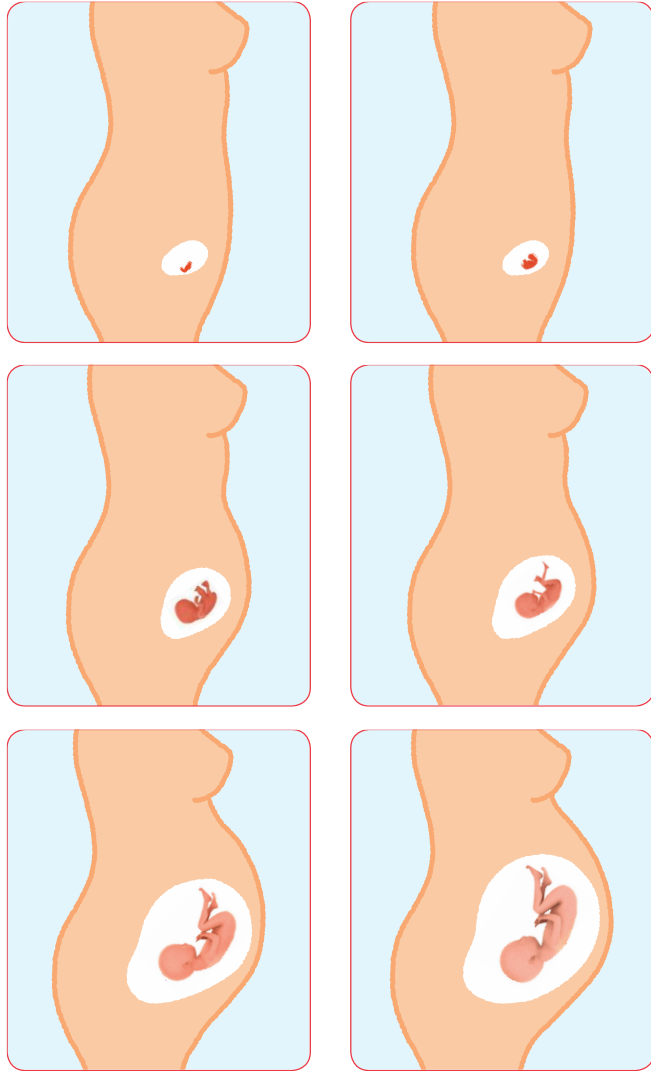
Piece 1:

Children to look at a selection of baby photos of both animals and humans. Children to learn that it is usually the female that gives birth to their baby, but often males have very important roles too.

E.g. Humans, penguins etc.

Children to discuss things that babies can not do for themselves, and the importance of their adults in helping them.

Children to then play a pairs matching game, matching the baby/mother of their choice.



SRE in Year 3

Piece 2:

Children will think about the needs of a human baby, and make a class list. They are to then think about where they think babies come from. Where does it begin to grow? How does it grow?

Children to learn about the womb, and how a baby is kept safe until it is ready to be born.

Throughout this lesson, some children may question about how the baby 'gets there' to begin with. As with all children's questions in sex education, the answer must be factual, but age appropriate and simple e.g. "A baby grows from a tiny egg (ovum) that the mother already has inside of her."

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 will grow

My penis and testicles
will grow larger

My feet will get bigger

My skin will get less smooth

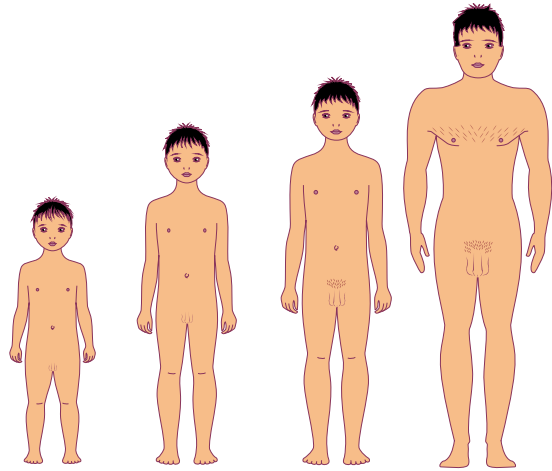
SRE in Year 3

Piece 3:

Children to be introduced to the term puberty. The term will be explained, referring to the collection of changes that will gradually change their bodies from a child's body into an adult's body. Children will understand that puberty is a natural part of growing up for everyone.

Teacher to read out a list of bodily changes that happen to children as they go through puberty.

Children to decide whether they think the bodily changes affect boys or girls.

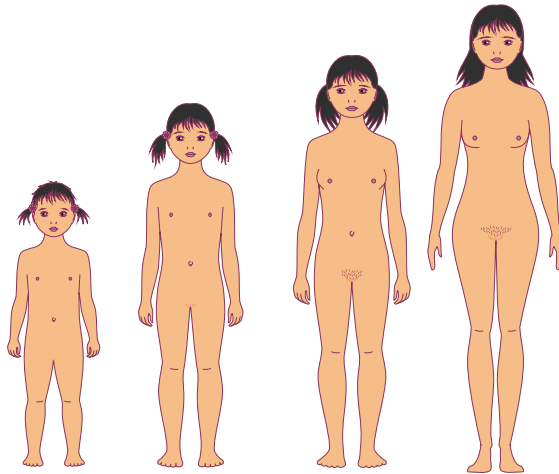


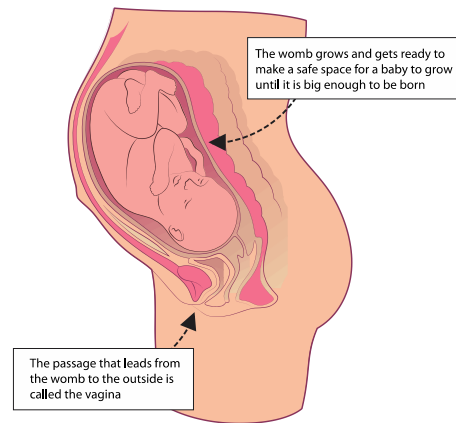
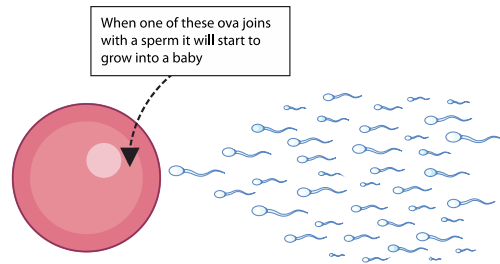
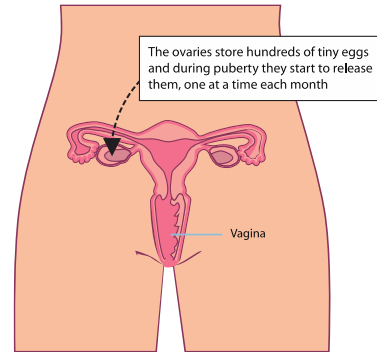
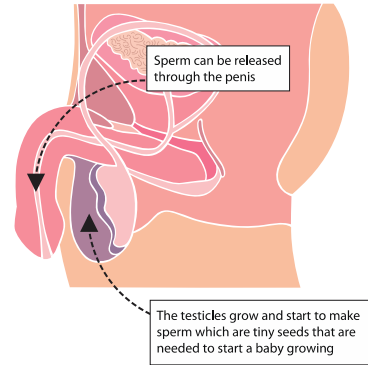
SRE in Year 3

Piece 3:

Teacher to then use the images on this slide, to explain why some of these physical changes happen to us.

The teacher will explain that these changes happen at different times for everyone, as we are all special and unique.





SRE in Year 3

Piece 4:

Teacher will explain that puberty is really about getting boys' and girls' bodies ready for making and having babies when they are grown up. They will be taught that the amazing thing about babies is that although they are born from the mother, they need both a little bit of the mother and a little bit of the father to start them off in the first place.

SRE in Year 3

Piece 4:

The information taught to the children this lesson includes:

The boy's testicles grow and start to make sperm which are tiny seeds that are needed to start a baby growing.

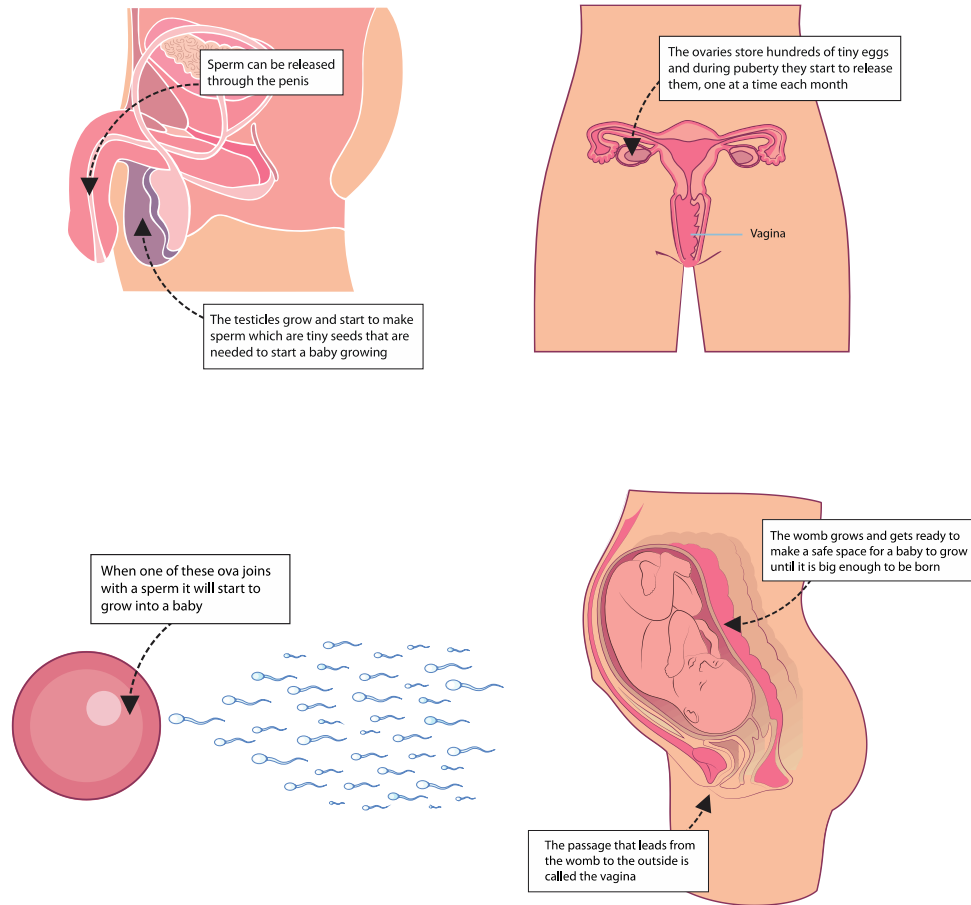
Sperm can be released through the penis.

The girl's ovaries store hundreds of tiny eggs and during puberty they start to release them, one at a time each month. Girls are born with all these eggs inside their ovaries (called ova) waiting for puberty to start. (Ensure children do not think ova are like chicken/ bird eggs).

When one of these eggs (or ova) joins with a sperm it will start to grow into a baby.

The womb/uterus grows and gets ready to make a safe space for a baby to grow until it is big enough to be born.

The passage that leads from the womb to the outside is called the vagina. If an ovum isn't fertilised it passes out of the body as a 'period'.



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

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			

SRE in Year 3

Piece 5:

Children are to discuss the term 'stereotype'. They will play a game of charades, using the cards on this page, and then discuss whether they think the jobs are male/female or either roles.

Children to complete their own reflection sheet, before they discuss their views as a class.



SRE in Year 3

Piece 6:

The children will create their own ribbon mobiles, thinking about changes that they have made so far growing up, and changes they will make in the future.

6 ribbons each show something different as follows:

1. Something the children are looking forward to next year e.g. a residential, starting swimming lessons etc.
2. A change they would like to make for themselves e.g. getting better at reading
3. Something they have learned about their bodies and growing up
4. How they feel about growing up
5. Something that worries them about growing up and how they can manage these feelings
6. Something that they are looking forward to about growing up



Changing Me

Well done!

Please feel proud that you have learnt to:

I am especially pleased that you:

I am proud that I can:

Signed: Date:

Questions?

