



Knowledge Organiser - Growing and Changing Summer Term 2 2025 Year 3

Key Themes:
Growing and changing, Keeping safe, Relationships, Menstruation



Sticky Knowledge - What I learnt in Year 2

- I know how I can give support to a friend.
- I can describe feelings of loss and suggest what someone can do if a friend moves away.
- I know the stages of growth I have been through and what I look forward to in my future
- I know the names of the human private parts that are used to make a baby.
- I know about keeping private parts private.



Key Knowledge - What I will know at the end of the unit

- I know the meaning of 'body space' and when it is appropriate or inappropriate to allow someone into their body space
- I know the different types of relationships people have and their different purposes and qualities.
- I know what makes a positive relationship and what makes a negative relationship.
- I know and can describe how a girl's body will change when it reaches puberty
- To know the menstruation cycle is something that happens when a sperm does not meet an egg.

Keywords	Definition
Angry	A strong feeling when something feels unfair or upsetting, and you might want to shout or cry.
Penis	A private body part that boys have
Relationships	The way people are connected, like with friends, family, or people who care about each other.
Body Space	The area around you or someone else — where we should feel comfortable and not crowded.
Touch	When something or someone makes contact with your skin, like a hug or a pat on the back.
Assertive	Speaking up clearly and kindly when you need to say what you think or feel.
Vagina	A private body part that girls have, inside their body, which can be part of having a baby one day.
Jealous	A feeling you might get when you wish you had something someone else has.
Womb	A special place inside a girl's or woman's body where a baby can grow.
Period	When blood comes from a girl's private parts each month as part of growing up.
Menstruation pad	Something soft and absorbent that some girls wear in their underwear to catch period blood.
respect	Treating people kindly and fairly, listening to them, and showing they are important.

Keywords	Definition
Breasts	A part of the body some people have on their chest; they can grow during puberty.
Uncomfortable	A feeling when something doesn't feel quite right or makes you feel worried or uneasy.
Caring	Being kind and fair to others, and treating them the way you want to be treated.
Genitals	The private parts of a person's body used for going to the toilet or for reproduction.
Upset	Feeling sad, worried, or hurt inside.
Egg	A tiny part from inside a girl's or woman's body that can grow into a baby if it joins with a sperm.
Healthy	Feeling well in your body and mind — having energy and taking care of yourself.
Puberty	The time when a child's body starts changing into an adult's body.
testicles	Two small parts in a pouch of skin under a boy's private part that make sperm when older.
trust	Believing someone will be kind, honest, and do the right thing — someone you can count on.