**YEAR 3**

**HEALTHY LIFESTYLES 13 – SEX AND RELATIONSHIP EDUCATION**

This unit of work focuses on basic anatomy, including naming external body parts and the physical differences between males and females. Children will consider the capabilities of their bodies, in order to develop respect for their bodies and themselves. They will also develop their understanding of personal hygiene and learn more about how to prevent the spread of illnesses.

**The main themes of this unit are:**

* body knowledge
* ‘body functions
* body awareness/image
* personal hygiene
* prevention of illness and disease

**At the end of the unit most pupils will:**

* be able to give a list of the main external parts of male and female bodies and may use some scientific names for these
* be able to use the scientific terms penis, testicles, breast and vagina and explain which parts are male and which are female
* be able to give several examples of the capabilities of their own bodies
* be able to describe familiar hygiene routines such as brushing teeth and washing hair, and understand the reasons for doing these things
* be able to look forward to new areas of responsibility for their personal hygiene
* be able to explain how common illnesses such as colds or tummy bugs are spread and be able to describe how they can prevent the spread of one such illness

**Language that will be introduced in this unit:**

**From Year 1**

|  |  |  |  |
| --- | --- | --- | --- |
| penis | nipple | testes | vagina |
| testicles | vulva | anus | private |
| privacy | male | female |  |

**Additional language**

|  |  |  |  |
| --- | --- | --- | --- |
| thorax | intestine | humorous |  |
|  |  |  |  |
| nipple | scrotum | breast |  |

**Points to note:**

* scientific names of body parts specifically relating to males and females and the differences