

Jigsaw Changing Me Puzzle – Year 1

Piece (Lesson)	RSHE guidance reference	PSHE learning intentions	Social and emotional skills learning intention
1. Life cycles	R1, R6	I am starting to understand the life cycles of animals and humans.	I understand that changes happen as we grow and that this is ok.
2. Changing Me	H4	I can tell you some things about me that have changed and some things about me that have stayed the same.	I know that changes are ok and that sometimes they will happen whether I want them to or not.
3. My Changing Body		I can tell you how my body has changed since I was a baby.	I understand that growing up is natural and that everybody grows at different rates.
4. Boys' and Girls' Bodies	R19, R25, R26, R27, R29, H34	I can identify the parts of the body that make boys different to girls and can use the correct name for these: penis, testicles, vagina We will not teach anus and vulva	I respect my body and understand which parts are private.
5. Learning and Growing	R15	I understand that every time I learn something new I change a little bit.	I enjoy learning new things.
6. Coping with Changes	R32, H2, H3	I can tell you about changes that have happened in my life.	I know some ways to cope with changes.

Jigsaw Changing Me Puzzle Year 2

Piece (lesson)	RSHE guidance reference	PSHE learning intentions	Social and emotional skills learning intentions
1. Life cycles in nature			I understand there are some changes that are out of my control and can recognise how I feel about this.
2. Growing from young to old		I can tell you about the natural process of growing from young to old and understand that this is not in my control.	I can identify people I respect who are older than me.
3. The Changing Me	H34	I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.	I feel proud about becoming more independent.
4. Boys' and Girls' Bodies	R26, R27, R29, H34	I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina)	I can tell you what I like/don't like about being a boy/girl.

		and appreciate that some parts of my body are private. We will not teach anus and vulva	
5. Assertiveness	R15, R19, R25, R26, R29, R30, R31, R32	I understand that there are different types of touch and can tell you which ones I like and don't like	I am confident to say what I like/don't like and can ask for help.
6. Looking Ahead	H2, H3	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 when I am in Year 3 and know how to go about this.

Jigsaw Changing Me Puzzle Year 3

Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. How Babies Grow	H2, H3	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.
2. Babies	H2, H3	I understand how babies grow and develop in the mother's uterus. I	I can express how I might feel if I had a new baby in my family.

		understand what a baby needs to live and grow.	
3. Outside Body Changes	H2, H3, H34	<p>I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies.</p> <p>I can identify how boys' and girls' bodies change on the outside during this growing up process. I use the vocabulary penis, testicles, breasts, vulva, anus to name parts of the body.</p>	I recognise how I feel about these changes happening to me and know how to cope with those feelings
4. Inside Body Changes	R27, H2, H3, H34	<p>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.</p> <p>We have agreed not to use the linked animations to this lesson.</p> <p>We will use the simple scientific diagrams included in the lesson.</p> <p>Vocabulary: testicles, penis, vagina, sperm, ovaries, egg, ovum, uterus</p> <p><i>N.B. If children ask how do the sperm and the egg come together?</i></p>	I recognise how I feel about these changes happening to me and know how to cope with those feelings

		<i>Adults will respond by saying "that's another special bit about making a baby and we are saving up learning about that for later in KS2."</i>	
5. Family Stereotypes	R1, R2, R3, R4, R18, H2, H3	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.
6. Looking Ahead	H2, H3	Identify what I am looking forward to when I go to my next class	I start to think about changes I will make next year and know how to go about this.

Jigsaw Changing Me Puzzle Year 4

Piece (lesson)	RSHE Guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Unique Me	R1, R2, R3, R4, R27	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.	I appreciate that I am a truly unique human being.
2. Alternative piece 2a Having a baby responsibilities and joys! <i>(We will not be teaching the Jigsaw lesson 'Having a baby' in Year 4)</i>		I understand the responsibilities there are in parenthood. I consider what has influenced my life	I understand that having a baby is a personal choice and express how I feel about having children when I am an adult
3. Girls and Puberty	R26, H34, H35	I can describe how a girls' body changes in order for her to be able to have babies when she is an adult and that menstruation is a natural part of this. Vocabulary: menstruation, vagina, vulva, sperm, egg, uterus, egg, ovum, ovaries, penis, testicles	I have strategies to help me cope with the physical and emotional changes I will experience during puberty.

		<p>Animation: 'Female body' with narrative (Puberty for 7-9 years)</p> <p><i>N.B. If children ask how do the sperm and the egg come together? Adults will respond by saying "that's another special bit about making a baby and we are saving up learning about that for later in KS2."</i></p>	
4. Circles of Change	H4	I know how the circle of change works and can apply it to changes I want to make in my life.	I am confident enough to try to make changes when I think they will benefit me.
5. Accepting Change	H2, H3	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively.
6. Looking Ahead		I can identify what I am looking forward to when I move to a new class.	I can reflect on the changes I would like to make next year and can describe how to go about this.

Jigsaw Changing Me Year 5

Piece (lesson)	RSHE Guidance reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1. Self and Body Image	R15, R25, R26, R27, H5, H6, H10, H18	I am aware of my own self-image and how my body image fits into that.	I know how to develop my own self-esteem.
2. Puberty for girls	H34	I can express how a girls' body changes during puberty and understand the importance of looking after yourself physically and emotionally. <i>N.B. We will not make reference to sexual intercourse or contraception</i>	I understand that puberty is a natural process that happens to everybody and it will be ok for me

		<p><i>in this lesson – do not include bullet point 4 in the script.</i></p> <p><i>Let me learn: Part 2 – girls and boys will split. Girls can talk and explore sanitary products. Boys to complete ‘puberty for girls’ carousel separately</i></p> <p><i>Vocabulary: menstruation, period, vagina, vulva, ovum, egg, sperm, penis, testicles, uterus, oestrogen, sanitary towels, tampons.</i></p> <p><i>Animation: ‘Female body’ with narrative (Puberty for 7-9 years)</i></p>	
3. Puberty for boys	H2, H3, H34	<p>I can describe how girls’ and boys’ bodies change during puberty.</p> <p><i>N.B. We will not make reference to sexual intercourse or contraception in this lesson – do not include bullet points 5 – 8 in the script on p.69</i></p> <p><i>Vocabulary: penis, testicles, sperm, scrotum, larynx, facial hair, growth spurt, hormones</i></p> <p><i>We will not teach the vocabulary: Wet dream, ejaculation, erection, semen in this lesson. Remove this vocabulary from ‘Puberty Quiz.’</i></p>	I can express how I feel about the changes that will happen to me during puberty.

		<p><i>Male body option 1 animation (puberty for 7-9 years) with narrative to be used this lesson.</i></p> <p><i>If this lesson is to raise gay, lesbian, trans-gender these words will be correctly defined in a very simple, factual way.</i></p>	
<p>4. Having a baby (Year 4 lesson) We will not teach the Year 5 'Conception' lesson until Year 6</p>	R1, R2, R3, R4, R26, H34	<p>I can correctly name and label the internal and external parts of male and female bodies that are necessary for making a baby.</p> <p>Vocabulary: penis, testicles, sperm, vagina, vulva, egg, uterus, ovaries, making love, having sex, fertilise, conception.</p> <p>Show the 'Female reproduction' (10-11years) animation without narrative. This does not show conception – only the journey of the egg.</p>	<p>I understand that having a baby is a personal choice and I can express how I feel about having children when I am older.</p>
<p>5. Looking Ahead 1</p>	H4, H34	<p>I can identify what I am looking forward to about becoming a teenager and understand that this brings growing responsibilities (age of consent).</p>	<p>I am confident that I can cope with the changes that growing up brings.</p>

6.Looking Ahead 2	H1, H4	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 I know how to go about this.
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Jigsaw Changing Me - Year 6

Piece (lesson)	RSHE guidance reference	PSHE Learning Intentions	Social Emotional Skills Learning Intentions
1. My self image	R15, R27, H1, H4, H6, H7, H9, H10	I am aware of my own self-image and how my body image fits into that.	I know how to develop my own self-esteem.
2. Puberty	R30, R32, H9, H34, H36	<p>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.</p> <p>Vocabulary: <i>pubic hair, menstruation, semen, erection, tampon, breasts, hormones, wet dreams, ovulation, masturbation, clitoris, erection, testicles, penis, vagina, vulva, uterus, fallopian tubes.</i></p> <p><i>N.B. The words hi-lighted blue are words that will be newly taught to</i></p>	I can express how I feel about the changes that will happen to me during puberty.

		<p><i>the children. These will need introducing and explaining.</i></p> <p>Use animations ‘The female and male reproductive systems.’</p> <p>Children to be split into girls and boys to be taught this session.</p>	
3. Conception (Year 5 lesson – Piece 4)	H34	<p>I understand that sexual intercourse can lead to conception and that is how babies are usually made.</p> <p>We will not be teaching the IVF content.</p> <p>Vocabulary: conception, making love, sexual intercourse, fallopian tube, fertilisation, embryo, umbilical cord, contraception</p>	I appreciate how amazing it is that human bodies can reproduce in these ways.
4. Babies: Conception to birth	R1, R4, R32, H9, H35	<p>I can describe how a baby develops from conception through the 9 months of pregnancy and how it is born.</p> <p>Vocabulary: pregnancy, embryo, foetus, placenta, umbilical cord, labour, contractions, cervix</p>	I can recognise how I feel when I reflect on the development and birth of a baby.

		Use female and male reproductive animations (puberty for 10-11 year olds)	
5. Boyfriends and girlfriends	R4, R7, R8, R9, R13, R19, H9	I understand how physically being attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend. I understand about consent and the age of consent.	I understand that respect for one another is essential in a boyfriend/girlfriend relationship and that I should not feel pressured to do something I don't want to do.
6. Real self and ideal self	R13, R15, R16, R19, R27, H1, H4, H6, H9, H10	I am aware of the importance of a positive self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative body talk.
7. The Year Ahead	H2, H3, H4, H6, H9, H10	I can identify what I am looking forward to and what worries me about the transition to secondary school.	I know how to prepare myself emotionally for the changes next year.

Summer 2023: The year 5 lesson on conception has been moved into Year 6 – you will see this in the table above.

Changes to the Jigsaw scheme of learning are hi-lighted in red

Lessons parents have the right to withdraw their child from are hi-lighted in purple