

Jigsaw the Mindful Approach to PSHE

Curriculum Content and Progression of Knowledge and Skills for Puzzle 6: Changing Me

| Year Group | Lesson | Knowledge | Skills |
|-------------------|---------------------------------------|---|--|
| R | Piece 1 My Body | To know the names of some parts of the body including sex parts: Testicles, Penis, Vagina. | To name some parts of the body including the scientific names: Testicles, Penis, Vagina. |
| R | Piece 2 Respecting My Body | To know some things they can do and foods they can eat to be healthy. | To describe some things they can do and eat to be healthy |
| R | Piece 3 Growing Up | To understand that they all grow from babies to adults. | To describe how they grow from babies to adults. |
| R | Piece 4 Fun & Fears (1) | To understand that they may feel a range of feelings about moving to Year 1. | To express how they feel about moving to year 1. |
| R | Piece 5 Fun & Fears (2) | To acknowledge both worries and excitement (things they are looking forward to) moving into Year 1. | To be able to talk about their worries and excitement about the move to Year 1. |
| R | Piece 6 Celebration | To know what they enjoyed in Reception. | To share their memories of the best bits in Reception. |

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| 1 | Piece 1 Life Cycles | To understand the life cycles of animals & Humans. | To understand that changes happen as they grow and that this is ok. |
| 1 | Piece 2 Changing Me | To identify some things about themselves that have changed and some things that have stayed the same. | To Know that changes are ok and that sometimes they will happen whether or not they want them too. |
| 1 | Piece 3 My Changing Body | To identify how my body has changed since they were babies. | To understand that growing up is natural and that everybody grows at different rates. |
| 1 | Piece 4 Boys' & Girls' Bodies | To identify the part of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus. | To respect their bodies and understand which parts are private. |
| 1 | Piece 5 Learning & Growing | To understand that every time they learn something new they change a little bit. | To enjoy learning new things. |
| 1 | Piece 6 Coping with Changes | To acknowledge some of the changes that have happened in their lives. | To know some ways of coping with change. |

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| 2 | Piece 1 Life Cycles in Nature | To recognise cycles of life in nature. | To understand there are some changes that are outside their control and they can recognise how they feel about this. |
| 2 | Piece 2 Growing from Young to Old | To know about the natural process of growing from young to old and understand that this is not in their control. | To respect people from different age groups. To identify people who they respect who are older than them. |
| 2 | Piece 3 The Changing Me | To recognise how their body has changed since they were babies and where they are on the continuum from young to old. | To accept the process of growing up and change with curiosity and courage. To be proud of who they are becoming. |
| 2 | Piece 4 Boys' & Girls' Bodies | To recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina, vulva) and appreciate that some body parts are private. | To describe what they do and don't like about being a boy/girl. |
| 2 | Piece 5 Assertiveness | To understand that there are different types of touch, some appropriate and some not appropriate. | To confidently tell/express which types of touch they like and don't like. |
| 2 | Piece 6 Looking Ahead | To identify what they are looking forward to in their next class. | To identify & use strategies to help cope with change in the move to Year 3. |

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| 3 | Piece 1 How Babies Grow | To 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. | To express how they feel when they see babies or baby animals. |
| 3 | Piece 2 Babies | To understand how babies, grow and develop in the mother's uterus. To understand what a baby needs to live and grow. | To express how they might feel if they had a new baby in their family. |
| 3 | Piece 3 Outside Body Changes | To understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies. To identify how boys' and girls' bodies change on the outside during this growing up period. | To describe how boys' and girls' bodies change on the outside during this growing up period. To recognise how they feel about these changes happening to them and know how to cope with those feelings. |
| 3 | Piece 4 Inside Body Changes | To identify how boys' and girls' bodies change on the inside during the growing up process. To understand why these changes are necessary so that their bodies can make babies when they grow up. | To describe how boys' and girls' bodies change on the inside during the growing up process. To recognise how they feel about these changes happening to them and know how to cope with those feelings. |
| 3 | Piece 5 Family Stereotypes | To start to recognise stereotypical ideas they might have about parenting and family roles. | To express how they feel when their ideas are challenged and how they might be willing to change their ideas sometimes. |
| 3 | Piece 6 Looking Ahead | To identify what they are looking forward to when they move to their next class. | To think about changes and know strategies that help them to cope. |

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| 4 | Piece 1 Unique Me | To understand that some of my personal characteristics have come from my birth parents and this happens because I am made from the joining of their egg and sperm. | To appreciate that they are a truly unique human being. |
| 4 | Piece 2 Having a Baby | To identify the correct labels for the internal and external parts of a male and female body that are necessary for making a baby. | To understand that having a baby is a personal choice. To express how they feel about having a child when they are adults. |
| 4 | Piece 3 Girls & Puberty | To know how a girl's body changes in order for her to be able to have babies when she is an adult. To know that menstruation (Having periods) is a natural part of this. | To use strategies to help them cope with the physical and emotional changes they will experience during puberty. |
| 4 | Piece 4 Circles of change | To know how the circle of change works and to apply it to the changes they want to make in their lives. | To confidently make changes to their lives when they think it will benefit themselves. |
| 4 | Piece 5 Accepting Change | To identify changes that have been and may continue to be outside of my control and have learnt to accept. | To express their fears and concerns about changes that are outside of their control and know how to manage these feelings positively. |
| 4 | Piece 6 Looking Ahead | To know what they are looking forward to when they move to a new class. | To reflect on the changes they would like to make next year and describe how to go about this. |

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| 5 | Piece 1 Self & Body Image | To be aware of their own self-image and how their body image fits into that. | To know how develop own self-esteem. |
| 5 | Piece 2 Puberty for Girls | To know and explain how a girl's body changes during puberty. To understand the importance of looking after yourself physically and emotionally. | To understand that puberty is a natural process that happens to everybody and it will be ok for them. |
| 5 | Piece 3 Puberty for boys | To know and explain how a boy's and girls' body changes during puberty. | To express what they feel about the changes that will happen to them during puberty. |
| 5 | Piece 4 Conception | To understand that sexual intercourse can lead to conception and that is how babies are usually made. To also understand that sometimes people need IVF to help them have a baby. | To appreciate how amazing, it is that human bodies can reproduce in this way. |
| 5 | Piece 5 Looking Ahead 1 | To identify what they are looking forward to about becoming a teenager. To understand that this brings growing responsibilities (age of consent). | To confidently cope with the changes that growing up will bring. |
| 5 | Piece 6 Looking Ahead 2 | To identify what they are looking forward to when they move to their next class. | To think about the changes they would like to make next year and know how to go about this. |

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| 6 | Piece 1 My Self Image | To be aware of their own self-image and how that fits with their body image. | To know how to develop their self-esteem. |
| 6 | Piece 2 Puberty | To know how girls' and boys' bodies change during puberty. To understand the importance of looking after yourself physically and emotionally. | To explain how girls' and boys' bodies change during puberty. To express how they feel about the changes that will happen to them during puberty. |
| 6 | Piece 3 Babies: Conception to Birth | To understand how a baby develops from conception through the nine months of pregnancy and how it is born. | To explain how a baby develops from conception through the nine months of pregnancy and how it is born. To recognise how they feel when they reflect on the development and birth of a baby. |
| 6 | Piece 4 Boyfriends & Girlfriends | To understand how being physically attracted to someone changes the nature of the relationship. To know what that might mean about having a boyfriend or girlfriend. | To understand that respect for one another is essential in a boyfriend/girlfriend relationship. To not feel pressured into doing something I don't want to do. |
| 6 | Piece 5 Real Self & Ideal Self | To be aware of the importance of a positive self-esteem and how to develop it. | To express how they feel about their self-image. To know how to challenge negative self-talk. |
| 6 | Piece 6 The Year Ahead | To identify what they are looking forward and what worried them about moving to secondary school. | To know how to prepare myself emotionally for the changes next year. |

