

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 (Inform parents)	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 actions that they can do and foods they can eat to be healthy.	To describe some actions that 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 -Added emphasis on families being an important source of support as children learn and grow.	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 their body has changed since they were babies.	To understand that growing up is natural and that everybody grows at different rates.
1 Note - Through visual resources showing different skin tones, they understand that private parts reflect the same skin tone as the rest of the body.	Piece 4 Boys' & Girls' Bodies (Inform parents)	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 -Greater focus on deepening emotional awareness.	Piece 5 Learning & growing	To understand that every time they learn something new that they change a little bit.	To enjoy learning new things.
1 -Greater focus on deepening emotional awareness.	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 -Added new content to support emotional literacy around growing up.	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 understand that the growing process happens naturally and is outside their control.	To accept the process of growing up and change with curiosity and courage. To be proud about becoming more independent.
2 -Updated explanation about testicles to clarify that different shading is just to show their position and that skin colour is consistent across the body -Enhanced content about keeping clean and telling a trusted adult if anything feels sore or uncomfortable.	Piece 4 Boys' & Girls' Bodies (Inform parents)	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 whilst understanding we are all different.
2 - Added emphasis on having more than one trusted adult to talk to, and to keep telling until someone helps	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 and can ask for help.
2 -Greater focus on who to talk to if feeling worried about changes, emphasising they can always talk to another trusted adult if the first person is busy.	Piece 6 Looking Ahead	To identify what they are looking forward to in their next class.	To think about changes they will make in Year 3 and know how to go about this.

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-Added reinforcement that it's natural to feel several emotions at once about moving classes and that trusted adults are available for support.			
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3 -Added teaching about different family types and what matters is babies having adults who love and care for them.	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 -Updated and moved from Piece 3 -Extended charter with additional rules -Added emotion vocabulary list -Extended content on seeking support	Piece 2 Outside Body Changes (Inform parents)	To understand how boys' and girls' bodies change on the <u>outside</u> during the growing up process. To understand that physical puberty changes occur naturally at different times and paces for each person. To understand that 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 <u>outside</u> during this growing up period. To recognise how they feel about their body changes and know how to cope with those feelings. Main vocab: Change, Puberty, Control, Breasts Pubic hair, Penis, Testicles Emotion Vocab: Excited, Nervous, Curious, Unsure, Frightened, Anxious
3 -Updated and moved from Piece 4 -Vocabulary split into two lists (main and emotion) -Added: Scrotum -New slides 16-20 with updated male/female reproductive system graphics -Updated slide images	Piece 3 Inside Body Changes (Inform parents)	To learn about the male and female reproductive systems. To identify how boys' and girls' bodies change on the <u>inside</u> 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 <u>inside</u> during this growing up period. To recognise how they feel about these changes happening to them and know how to cope with those feelings. Main vocab: Puberty, Male, Female, Testicles, Scrotum, Sperm, Penis, Ovaries, Egg, Ovum/Ova, Womb/Uterus,Vagina Emotion Vocab: Excited, Nervous, Curious, Unsure, Frightened, Anxious
3 New lesson for 2026 Previous lesson 'Babies' removed	Piece 4 Keeping Ourselves Clean	To understand that as boys' and girls' bodies change at puberty, they need to think more about keeping clean and healthy.	To recognise some simple ways of keeping clean which can keep them healthy and protect them from some infections.

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3 -Significant changes to content -New focus on why families do caring tasks and characteristics of caring families -New activities	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 -Updated ribbon topics and assessment questions to include: personal hygiene, caring families/challenging stereotypes -New optional ribbon template resource	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 -New lesson and learning intentions (same title) -Completely restructured from genetics/conception focus to identity and personal development -New vocabulary focused on identity development rather than biological inheritance	Piece 1 Unique Me	To understand that lots of things make up a person's identity and this is what makes them Unique.	To understand that they will have choices about developing their own identity and interests as they grow up and that these will contribute to who they are. Key vocab: Identity, choices, hobbies, interests, Skills, self-respect, proud, values, unique, Characteristics, personality
4 -Lesson on having a baby removed -Renamed lesson from "Puberty for Girls" to "Puberty and Menstruation" -Extended Jigsaw charter for puberty lessons	Piece 2 Puberty & Menstruation (Inform parents)	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 New lesson for 2026	Piece 3 Being part of a family	To know there are many types of family and that often our family members form part of our inner circle. To know there are trusted people they can turn to if they need help and support as they grow up and go through puberty.	To understand that sometimes they may feel anxious about growing up and this is normal. To know that there are people who can support them.
4 -Developed content on diverse families based on love and care -Expanded story reflection questions focusing on emotions, respect, and seeking support -Added content on asking for help from trusted adults	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 -Significantly expanded main activity with detailed modelling approach and scaffolded reflection questions	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.

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-Added where to access support for difficult changes and how to identify reliable versus unreliable online information			
4 -Added content on proportionate feelings and when to seek additional support	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 -Updated images demonstrating filtered/edited content -Added how images online aren't always real and why comparing themselves to media is unfair -Added sources of support if worried about body image, eating or how they feel about themselves	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. Key Vocab: self, self-image, body image, self-esteem, perception, characteristics, aspects, affirmation, filter, edited, media influencer, authentic, mental health/wellbeing
5 -Extended Jigsaw charter for puberty lessons -Updated images, including images that could be used in place of animations for schools not wishing to use these.	Piece 2 Puberty for Girls (Inform parents)	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. Key Vocab: puberty, menstruation, periods, menstrual, towels, menstrual pads, menstrual cups, tampons, ovary/ovaries, vagina, oestrogen, vulva, womb/uterus, hormones
5 -Extended Jigsaw charter for puberty Lessons -Updated images that could be used in place of animation for schools not wishing to use them. -'Ejaculation' removed from activity sheet	Piece 3 Puberty for boys (Inform parents)	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. Key Vocab: Puberty, Sperm, Semen, Testicles/Testes, Scrotum, Erection, Wet dreams, Larynx, Facial hair, growth spurt Hormones, Testosterone
5 -Changed learning intention -Updated references from IVF to broader "fertility treatment" to be more inclusive -Some new images -Added content on consent and where to go for support and accurate information	Piece 4 Conception (Inform parents) Non-statutory Sex Ed - (opt out lesson)	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. Key Vocab: relationships, conception, making love, sexual intercourse, fallopian tube, fertilisation, pregnancy, embryo, contraception, fertility, treatment

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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 -Added vocabulary relating to support systems and proportionate responses	Piece 6 Looking Ahead 2	To identify what they are looking forward to when they move to their next class.	To think about changes they would like to make next year and know how to go about this.

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6 - Significant update to activities - Specific emotional literacy language - Enhanced content relating to finding information online - Updated activity and language to support acceptance and management of emotions that can have a negative impact on self-image	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 -Significant changes to activities -Extended Jigsaw charter for puberty lessons -Includes content on personal hygiene	Piece 2 Puberty (Inform parents)	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 -Extended Jigsaw charter for puberty/sex ed lessons -Updated teaching notes throughout to emphasise that mother's body grows and changes with baby -Added new content about who to talk to if they have questions, reinforcing support sources	Piece 3 Babies: Conception to Birth (Inform parents) Non-statutory Sex Ed - (opt out lesson)	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. Key vocab: Pregnancy, Embryo, Foetus, Placenta, Umbilical cord, labour, contractions, Cervix, Midwife
6 -Updated discussion about card sorting to explicitly ask if boys and girls might sort differently and explore gender-based pressures. -Enhanced explanation about sexting and loss of control over personal information	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 they don't want to do. Key vocab: Attraction, relationship, pressure,

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-Added new content directing to sources of help if experiencing			Love, Sexting, consent
6 (alternative to Piece 4) -Revised teaching to emphasise that being on one's own sometimes is preferable to compromising values, and that spending time alone is natural and healthy -Updated explanation about gaining respect through assertiveness and finding authentic friendships by being true to oneself -Content on who to talk to if new or changing friendships are difficult	Piece 4a Adolescent Friendships	To know themselves well enough to maintain positive relationships with others whilst still keeping their identity.	To be assertive when appropriate and learn diplomatic ways of disagreeing whilst maintaining self-respect.
6 -Enhanced teaching about sources of influence on bodyimage -Updated how advertisers and influencers specifically target young people to build future customers and maximise engagement.	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 body-talk.
6 -Enhanced teaching about sharing concerns helping children feel less lonely and more supported -Added looking after themselves through physical activity, time outdoors, helping others, rest, time with friends and family, and pursuing hobbies during transitions	Piece 6 The Year Ahead	To identify what they are looking forward to and what worries they have about moving on to secondary school.	To know how to prepare myself emotionally for the changes next year.