

Jigsaw the Mindful Approach to PSHE 2026
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.
1	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.
2	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.
3	Piece 2 Outside Body Changes (Inform parents)	To understand how boys' and girls' bodies change on the outside 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 outside 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	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 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 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
4	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.
5	Piece 2 Puberty for Girls (Inform parents)	To know and explain how a girl's body changes during puberty.	To understand that puberty is a natural process that happens to everybody and it will be ok for them.

		To understand the importance of looking after yourself physically and emotionally.	Key Vocab: Puberty, Menstruation, Periods, Menstrual, Towels, Menstrual Pads, Menstrual Cups, Tampons, Ovary/Ovaries, Vagina, Oestrogen, Vulva, Womb/Uterus, Hormones
5	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	Piece 4 Conception Non-statutory Sex Ed – (Inform parents of 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
6	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	Piece 3 Babies: Conception to Birth Non-statutory Sex Ed – (Inform parents of 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