

Year 1 PSHE – Changing Me

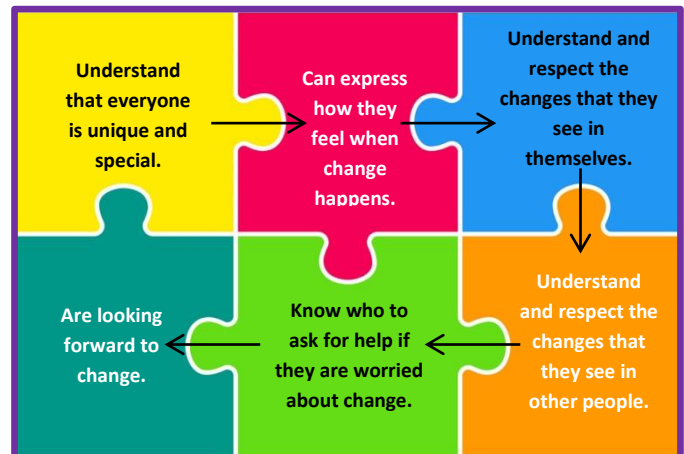
Outcome of unit (Jigsaw p36)

- I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private.
- I can also explain when it might be appropriate to talk about these, and when I should not.
- I can suggest things that might change for me in the future and what sort of feelings I might experience if/when these changes happen.
- I can offer some ideas about how I could manage feelings that are worrying or sad.

- I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older.
- I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.
- I can explain why some changes I might experience might feel better than others.

- I can tell you some ways that I have changed since being a baby and I know the main body parts that make boys and girls different.
- I know some of the correct names for these and that they are private.
- I can tell you some things that will change for me and how I feel about this.

Puzzle Outcome of Weekly Celebrations (Jigsaw p3)



Knowledge/Learning Objectives

1) Can I understand the life cycle of animals and humans? R1 R6	I can explain that animals and humans change over time. I know that bodies change over years (arms, legs, etc.). I know that we grow at different rates. I can say what I like about being me now and I can say what I want to be/do when I am older.
2) Can I explain how I have changed and how I have stayed the same? H4	I can explain how we change as we grow. I know that our legs get longer, our bodies grow, our hair grows, etc. I can say how I have changed since being a baby [might be appropriate to look at baby photos, etc.]. I can say what I can do now that I could not do before.
3) Can I explain how I grow up and how this is a natural process?	I can explain how I have changed since I was a baby. I can say how I have grown and what has grown. I know that I will grow at a different rate to my friends. Some may grow faster and some may grow slower. I know that animals and humans will look different at the start of their life cycle. I know that as I grow my body will change.
4) Can I identify the differences between males and females? R19 R25 R26 R27 R29 H34	I can explain what makes males and females different from each other by naming their body parts appropriately. I know that males have a penis and females have a vagina. I know that to keep me safe, I need to use the correct names for my body parts. I know that any part of my body covered by my pants is private.
5) Can I understand how learning new things changes me? R15	I know that since being a baby, I have learnt lots of new things that help me to grow and do new things (walk, eat, use the toilet, write, etc.). I know that this changes me as I grow and helps me. I know that I will learn new things that will help me as I get older.
6) Can I explain different changes in my life and how they made me feel? R32 H2 H3	I can think about how I feel/how I felt when there was a change in my life (school, home, pet, etc.). I can say why I felt this way and show this in my work.

Subject Specific Vocabulary/Facts

Adult	A person who is fully grown. In the UK, an adult is 18 years old or above.
Adulthood	The next phase of life after childhood.
Anus	The opening in the bottom where waste is removed from the body.
Anxious	Feeling worried or nervous about something.
Baby	A very young child.
Changes	When something becomes different.
Coping	Doing something effectively/well.
Excited	To be happy and enthusiastic.
Feelings	An emotion.
Female	A girl or woman.
Grow	To change in size and appearance over time.
Growing up	To become an adult.
Grown up	An adult.
Learn	To acquire knowledge or something new.
Life cycle	Series of changes in the life of a living thing.
Male	A man or boy.
Mature	To be fully developed/grown.
New	To experience or create something for the first time.
Penis	Part of the male reproductive system.
Testicles	Part of the male reproductive system.
Vagina	Part of the female reproductive system.
Vulva	Part of the female reproductive system.
Worried	Anxious or upset about something that has happened or may happen in the future.

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H – Health and Wellbeing (PSHE Association PoS)
R – Relationships (PSHE Association PoS)
L – Living in the Wider World (PSHE Association PoS)

Year 2 PSHE – Changing Me

Outcome of unit (Jigsaw p36)

- I can explain about various ways that boys and girls are different, both physically (using the correct terms) and in personality and behaviour.
- I can talk about the physical differences with respect and understand how to protect my own and others' privacy.
- I can explain how I feel about being a boy/girl and getting older and talk about the feelings I have about it.
- I can explain why other people may feel differently to me and give some examples.

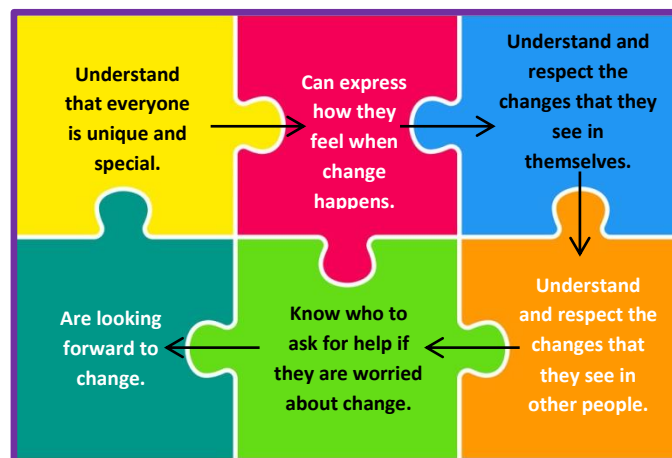


- I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private.
- I can explain why some types of touches feel OK and others don't.
- I can tell you what I like and don't like about being a boy/girl and getting older, and recognise that other people might feel differently to me.



- I can tell you how I am different now to when I was a baby and say some of the changes that will happen to me as I get older.
- I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.
- I can tell you something that I like/dislike about being a boy/girl and something that I like/dislike about getting older.

Puzzle Outcome of Weekly Celebrations (Jigsaw p3)



Knowledge/Learning Objectives

1) Can I understand changes that I will go through as I grow?	I can explain how things around me change (weather, seasons, lessons, etc.). I can explain how I feel when these changes happen and I know that there are some changes in my life that I cannot avoid. I know that humans and animals go through a life cycle. I know that change happens and that it is important.
2) Can I explain the process of growing older?	I can explain that growing older is a process that will happen to everyone and is unavoidable. I know that my face and body will change as I grow older and I will look different. I can share how someone special to me has changed [photographs could be used here].
3) Can I explain how my body has changed? H34	I can explain how I am different now to when I was a baby. I know that I have no control over the way my body changes. I know that as I grow older my own body will change and I will encounter different experiences. I am able to listen to my partner tell me things that they are proud of, have learnt to do and can do.
4) Can I identify the differences between males and females? R26 R27 R29 H34	I can explain what makes males and females different from each other by naming their body parts appropriately (vagina, penis, testicles, etc.). I know that males have a penis and females have a vagina. I know that to keep me safe, I need to use the correct names for my body parts. I know that any part of my body that is covered by my pants is private.
5) Can I explain what touch I like and what I don't like? R15 R19 R25 R26 R29 R30 R31 R32	I know that there are different things that I like to touch/not touch and I can explain my likes and dislikes. I can give a reason for my likes and dislikes. I can say which touch I like and don't like and give reasons for this.
6) Can I think about the changes I will face in Year 3? H2 H3	I can say what I am looking forward to in Year 3. I can reflect upon Year 2 and how this has helped me so far. I can say how I have changed by explaining what I can do that I couldn't do before.

Subject Specific Vocabulary/Facts

Adult	A person who is fully grown. In the UK, an adult is 18 years old or above.
Anus	The opening in the bottom where waste is removed from the body.
Appearance	The way that someone or something looks.
Baby	A very young child.
Change	When something becomes different.
Child	A person who is too young to be an adult.
Control	The power to influence how something happens or how someone behaves.
Female	A girl or woman.
Freedom	To be able to act, speak or think as you want to.
Fully grown	To have reached adulthood.
Grow	To change in size and appearance over time.
Growing up	To become an adult.
Independent	To depend completely on yourself.
Life cycle	Series of changes in the life of a living thing.
Male	A man or boy.
Old	To have lived for a long period of time.
Penis	Part of the male reproductive system.
Physical	To do with the body instead of the mind.
Private	Something that isn't shown to or spoken about with others.
Teenager	A person aged between 13 and 19 years old.
Testicles	Part of the male reproductive system.
Timeline	A list of events in the order they happen.
Toddler	A person aged between 12 months and 3 years old.
Touch	To come into contact with someone or something.
Vagina	Part of the female reproductive system.
Vulva	Part of the female reproductive system.
Young	To have lived for a short period of time.

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PSHE Association PoS: **H** – Health and Wellbeing;
R – Relationships; **L** – Living in the Wider World

Year 3 PSHE – Relationships

Outcome of unit (Jigsaw p28)

- I can explain some of the rights and responsibilities that I and others have in my family, friendships and as global citizens.
- I can express a sense of the responsibility we have for each other because of these connections.

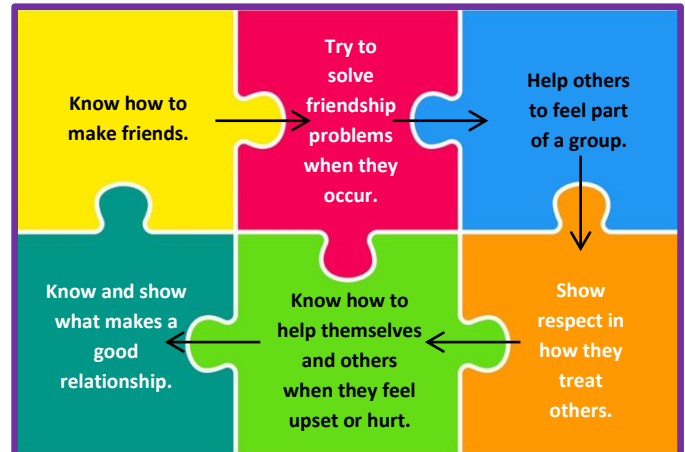


- I can explain how my life is influenced positively by people I know and also by people from other countries.
- I can explain why my choices might affect my family, friendships and people around the world who I don't know.



- I can give examples of things that I appreciate in my friends and family and also things I appreciate in people I don't know, such as those from other countries.
- I can tell you how I depend on other people and how other people depend on me.

Puzzle Outcome of Weekly Celebrations (Jigsaw p3)



Knowledge/Learning Objectives

1) Can I identify the roles of each member of my family and think about the roles of males and females?

R1 R2 R3 R4 R18

I know that families are different and are made up in many different ways I know that there are jobs that males and females do. I think that men and women can do the same job and that they should be treated equally. I know that different people have responsibilities within a family. I can think about male and female specific jobs.

2) Can I say what makes a good friendship?

R7 R8 R9 R10 R12 R19 H2 H3

I can tell you the skills I need to be a good friend and what I should expect from others. I am able to say what a good friend is. I can say how friends work together to solve problems. I know that sometimes friends will feel different emotions at different times. I can say what skills I have and how I am a good friend.

3) Can I explain how to keep myself safe online and who to speak to when I am worried?

R11 R17 R20 R21 R22 R23 R24 R25 R26 R32 H9 H11 H12 H13 H14 H15 H16 H17

I can say what is safe and what is unsafe online. I can tell you where I feel the safest and where I feel the least safe. I can give you examples of safe and unsafe situations and behaviour online and say how these might make me and other people feel. I can explain the dangers I might face in certain online situations or when using apps and gaming platforms and how I can overcome these appropriately. I know who I can go to if I am worried about anything I see online.

4) Can I explain how the work of others around me can influence my life? [Global Citizen #1]

I can locate and say what countries there are in the world. I can explain what they give us and what we give them. I know how this can impact upon our lives. I know that foods and goods come from all over the world and benefit us in many ways. I know that there are people who have different lives to us.

5) Can I explain how my needs and rights are shared around the world? [Global Citizen #2]

I know the difference between a need and a want. I know that this links to the UN Rights of the Child and can say what rights are. I can compare my life to others in different countries. I can say how the UN convention makes sure that children's basic needs are met.

6) Can I show my appreciation to my friends and family?

R13 R16

I know that appreciation means being thankful for who and what I have. I know that I can show this in different ways. I can explain who my close and special relationships are. I can tell you who is special to me and why.

Subject Specific Vocabulary/Facts

Climate	The weather conditions in a particular area.
Communication	Exchanging information.
Conflict	An argument or disagreement.
Deprivation	To not have, or not be allowed to have, something.
Differences	Things that are not the same.
Equality	To have equal rights and opportunities.
Family	A group of people who are related.
Female	A girl or woman.
Food journeys	How food reaches us from where it was produced.
Friendship	A relationship between two or more people.
Global	Relating to the whole world.
Inequality	Something that is not equal or not the same.
Interconnected	Having every part of something linked together.
Justice	To be treated correctly or fairly.
Male	A man or boy.
Needs	Something that is very important and necessary.
Private messaging (PM)	A message that can only be read by one person or a group of people chosen by the sender.
Problem solving	To try and find solutions or answers to difficult issues.
Respect	To consider the feelings, wishes or rights of others.
Responsibilities	The requirement to do something correctly.
Rights	Things that we are allowed to have as human beings.
Roles	Behaviours or things we do as parts of a job.
Similarities	Things that are the same, or almost the same.
Social media	Websites and apps used to share information.
Solution	Solving a problem and coming up with an answer.
Stereotype	A common view of something or someone.
Trade	Buying and selling goods.
Transport	To move people or goods from one place to another.
United Nations (UN)	An organisation made up of world countries that works for peace and aims to keep everyone safe.
Unisex	Suitable for male and female people.
Wants	A wish or strong desire for something.

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 PSHE Association PoS: **H** – Health and Wellbeing;
R – Relationships; **L** – Living in the Wider World

Year 4 PSHE – Changing Me

Outcome of unit (Jigsaw p38)

- I can give reasons why adults may choose to have a baby and explain briefly the process of conception and how puberty is related to this.
- I can consider and prioritise the changes I would like to make when I am older and can plan the approaches I will use to tackle these changes.
- I can also explain why some changes I face are out of my control and evaluate how positive feelings management can help me.

- I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.
- I can explain some of the choices I might make in the future and some of the choices that I have no control over.
- I can offer some suggestions about how I might manage my feelings when changes happen.

- I can tell you that an egg and a sperm are needed to make a baby, and when the egg is not fertilised then it is lost in a period (menstruation).
- I can tell you about some of the changes that will happen to me physically and emotionally and I can express how I feel about some of these.

Puzzle Outcome of Weekly Celebrations (Jigsaw p3)



Knowledge/Learning Objectives

1) Can I understand where my characteristics come from? R1 R2 R3 R4 R27	I can explain that I am part of my Mum and Dad. I was conceived when an egg and sperm joined together. I know that I get my characteristics from both my parents. I can explain why I might look like my parents and I can talk about how I am similar to them.
2) Can I label the internal and external organs of male and female bodies? R1 R2 R3 R4 R26 H34	I know that certain organs of the male and female produce offspring and are needed to make a baby. I can explain what things are made of, including a baby. I know why people choose to have a baby. I know that because they are small, they need lots of looking after. I know that having a baby is a personal choice.
3) Can I explain how a girl's body changes to produce babies when they are older? R26 H34 H35	I can explain how I feel about puberty and growing up. I can say what I am unsure about and know who I can ask if I am unsure of anything. I know that girls will begin and end puberty at different stages and this is normal. I can understand why we have different objects to help during puberty and menstruation. I know the different stages in the cycle.
4) Can I explain how to make changes in my life? H4	I can explain how throughout our lives we change and that this happens at different stages of our lives. I know that a change starts, develops and then ends. I now that I have experienced changes in my life and can explain how they have affected me.
5) Can I explain changes that I may have no control over? H2 H3	I know that there are changes that I can control and some that I cannot. I know that these changes will make me feel differently. I can explain how I feel when change happens and know that sometimes I can/cannot control it.
6) Can I think about what I am looking forward to in Year 5?	I can say what I am looking forward to in Year 5. I can reflect upon Year 4 and how this has helped me so far. I can say how I have changed because of what I can do and what I couldn't do before.

Subject Specific Vocabulary/Facts

Acceptance	Agreeing to receive or do something.
Anxious	Feeling worried or nervous about something.
Change	When something becomes different.
Characteristics	A feature that identifies someone.
Circle	A group of people or things with something in common.
Conception	The act of conceiving a child.
Control	The power to influence how something happens or how someone behaves.
Egg	The more common name for an ovum.
Fertilise	When a male reproductive cell causes changes in a female reproductive cell to create something new.
Making love	To have sexual intercourse.
Menstruation	The monthly cycle in a female's body where an egg is created, moves to the womb and is discharged through the vagina.
Ovaries	Part of the female reproductive system where ova are made and stored.
Ovum	The female reproductive cell needed to make a baby.
Parents	The mother and father of an offspring.
Penis	Part of the male reproductive system.
Periods	The loss of an egg and the uterus lining through the vagina at the end of a female's menstruation cycle.
Personal	Something that belongs to or affects a particular person.
Puberty	When adolescents reach sexual maturity.
Range of emotions	The different emotions [feelings] a person can have at different times.
Seasons	Different and particular times within a longer period.
Sexual Intercourse	Where a man's penis enters a woman's vagina in order to release sperm to fertilise an egg and make a baby.
Sperm	The male reproductive cell needed to make a baby.
Testicles	Part of the male reproductive system.
Unique	Only one of its kind.
Uterus	Where offspring are conceived.
Vagina	Part of the female reproductive system.
Vulva	Part of the female reproductive system.

Year 5 PSHE – Changing Me

Outcome of unit (Jigsaw p39)

- I can give a detailed account of the changes that occur in girls' and boys' bodies during puberty and any associated emotional changes.
- I can relate these changes to the conception process.
- I can consider how changes at puberty might affect me and my friends, and prepare myself for the feelings I may experience at different times.

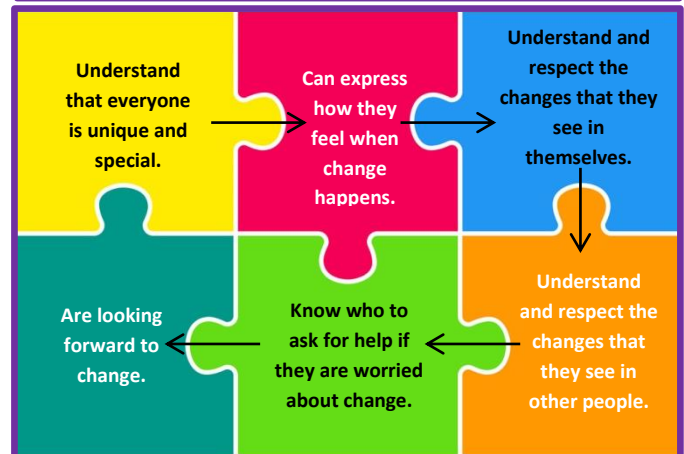


- I can explain how boys and girls change during puberty and why looking after myself physically and emotionally is important.
- I can also summarise the process of conception.
- I can express how I feel about the changes that will happen to me during puberty. I accept these changes might happen at different times to my friends.



- I can identify some changes that happen to girls' and boys' bodies during puberty and tell you about some of the emotional changes that happen too.
- I know that I will change during puberty and I can tell you how I feel about that.

Puzzle Outcome of Weekly Celebrations (Jigsaw p3)



Knowledge/Learning Objectives

1) Can I be aware of my own self-image? R15 R25 R26 R27 H5 H6 H10 H18	I know that self-image is how I see myself with regard to others around me and what I think of myself. I know that how I see myself (perception) could have consequences. I can explain what makes me happy about myself and what I am not so happy about. I know that self-esteem is how I think about myself.
2) Can I understand how a girl's body changes during puberty? H34	I know that a girl's body will change as they go through puberty. I can explain why some of these changes might make a girl feel embarrassed. I know that this is perfectly normal. I know there are different ways to deal with embarrassment. I can recall different facts about menstruation and know what different sanitary products look like.
3) Can I understand how my body changes during puberty? H2 H3 H34	I can explain the changes that happen during puberty. I can explain how I feel about what might happen to me during puberty and deal with these sensitively. I can use the correct terminology for what happens during puberty and know this is to keep me informed but also to keep me safe. I know that I might have questions about these changes.
4) Can I explain how a baby is made? H34	I know that sexual intercourse can result in a baby being conceived. I know that the human body is amazing in how it produces offspring. I know that having a baby is a big decision and needs to be thought about in detail. I know there are various factors to think about. I can explain how a baby is made. I know that people can still have intercourse but not have a baby.
5) Can I share what I am looking forward to as I become a teenager? H4 H34	I can explain how I might feel when I reach 13 and why this is such a significant age. I know that being a teenager will throw up many challenges. I know that I can overcome these challenges. I know that as I get older I will gain more responsibilities.
6) Can I think about what I am looking forward to in Year 6? H1 H4	I can say what I am looking forward to in Year 6. I can reflect upon Year 5 and how this has helped me so far. I can say how I have changed because of what I can do and what I couldn't do before.

Subject Specific Vocabulary/Facts

Affirmation	Emotional support or encouragement.
Aspects	Particular parts or features of something.
Characteristics	A feature that identifies someone.
Conception	The act of conceiving a child.
Contraception	Something used during sex to prevent a baby being conceived.
Embryo	The first stage of development for an egg to become an offspring after it is fertilised.
Erection	Where the penis becomes stiff in preparation for sex.
Ejaculation	The action of releasing semen.
Fertilisation	The changes that occur when the male and female reproductive cells join together to develop an offspring.
Hormones	Chemicals that travel around the body to help control how cells and organs work.
Menstruation	The monthly cycle in a female's body where an egg is created, moves to the womb and is discharged through the vagina.
Oestrogen	A hormone that helps to develop female characteristics in the body.
Ovaries	Part of the female reproductive system where ova are made and stored.
Perception	To see or hear something through your senses.
Periods	The loss of an egg and the uterus lining through the vagina at the end of a female's menstruation cycle.
Pregnancy	The period of time it takes for a fertilised egg to become an offspring inside the uterus.
Puberty	When adolescents reach sexual maturity.
Sanitary pads	An absorbent pad used to absorb discharge during a period.
Self-esteem	A person's confidence in their own abilities.
Self-image	A person's view of their appearance.
Semen	The male reproductive fluid.
Sperm	The male reproductive cell needed to make a baby.
Tampons	A soft plug used to absorb discharge during a period.
Testicles	Part of the male reproductive system.
Uterus	Where offspring are conceived.
Vagina	Part of the female reproductive system.
Vulva	Part of the female reproductive system.

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PSHE Association PoS: **H** – Health and Wellbeing;
R – Relationships; **L** – Living in the Wider World

Year 6 PSHE – Changing Me

Outcome of unit (Jigsaw p40)

- I can use the correct terms to describe penis, testicles, anus, vagina, vulva and explain why they are private.
- I can also explain when it might be appropriate to talk about these, and when I should not.
- I can suggest things that might change for me in the future and what sort of feelings I might experience if/when these changes happen.
- I can offer some ideas about how I could manage feelings that are worrying or sad.



- I can compare how I am now to when I was a baby and explain some of the changes that will happen to me as I get older.
- I can use the correct names for penis, testicles, anus, vagina, vulva, and give reasons why they are private.
- I can explain why some changes I might experience might feel better than others.



- I can tell you some ways that I have changed since being a baby and I know the main body parts that make boys and girls different.
- I know some of the correct names for these and that they are private.
- I can tell you some things that will change for me and how I feel about this.

Puzzle Outcome of Weekly Celebrations (Jigsaw p3)



Knowledge/Learning Objectives

1) Can I be aware of my own self-image? R15 R27 H1 H4 H6 H7 H9 H10	I know that self-image is how I see myself with regards to others around me and what I think of myself. I know that how I see myself (perception) could have consequences. I can explain what makes me happy about myself and what I am not so happy about. I know that self-esteem is how I think about myself and I can think of ways to raise this.
2) Can I explain how girls' and boys' bodies change during puberty? R30 R32 H9 H34 H35	I know that my body will change as I go through puberty. I know that I can express my feelings and opinions about what will happen. I know that people will have different experiences and that this is perfectly normal. I know that I can understand and use the appropriate vocabulary and how this keeps me safe. I know that there are things that are factually correct and some things that are myths.
3) Can I explain how a baby develops? R1 R4 R32 H9 H35	I know that a baby will go through many stages of development before it is born and I can describe these. I know that this is from conception to birth. I can express my own thoughts and opinions about how a baby can affect people's lives.
4) Can I understand that being attracted to someone will change a relationship? R4 R7 R8 R9 R13 R19 H9	I know that being independent means that I can begin to do things on my own. I know that as I become a teenager, I will be able to do more things on my own and have more responsibility. I know that as I grow I will be attracted to others.
5) Can I be aware of my own self-esteem? R13 R15 R16 R19 R27 H1 H4 H6 H9 H10	I know that 'body-talk' to myself and with others is normal, and that negative body-talk makes people think a lot about their appearance. I know that my real self and ideal self are different and that my self-esteem will change depending on the distance between them. I can explain how to bring my ideal and real self closer together by having realistic expectations and being aware of outside influences.
6) Can I think about what I am looking forward to at secondary school? H2 H3 H4 H6 H9 H10	I can say what I am looking forward to at secondary school. I can compare this to any apprehensions I have. I know that fears might hold me back, whereas anticipation will motivate me. I can reflect upon my best moments and think about what I am still looking forward to.

Subject Specific Vocabulary/Facts

Attraction	Liking someone or something.
Celebrity	A famous person.
Cervix	A narrow passage at the end of the uterus.
Choice	Something that we choose to do.
Contractions	The action of muscles becoming tighter and smaller.
Embryo	The first stage of development for an egg to become an offspring after it is fertilised.
Emotions	Your feelings about your situation or other people.
Foetus	An unborn offspring.
Freedoms	Your ability to act, speak or think as you want to.
Labour	The process of giving birth.
Love	A deep feeling of affection for someone or something.
Midwife	A person who is trained to help deliver babies.
Negative body-talk	To talk negatively about a person's appearance.
Placenta	Part of the uterus that is connected to the umbilical cord and helps to feed an unborn offspring.
Pregnancy	The period of time it takes for a fertilised egg to become an offspring inside the uterus.
Puberty	When adolescents reach sexual maturity.
Real self	The person someone actually is.
Responsibilities	The requirement to do something correctly.
Secondary	The next stage in education after primary school, beginning at 11 years old [Year 7].
Self-esteem	A person's confidence in their own abilities.
Self-image	A person's view of their appearance.
Sexting	Sending personal and intimate messages or photos of yourself or someone else to other people.
Transition	Changing from one state or condition to another.

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PSHE Association PoS: **H** – Health and Wellbeing;
R – Relationships; **L** – Living in the Wider World