

Year 1 PSHE Summer Term 2 – Changing Me

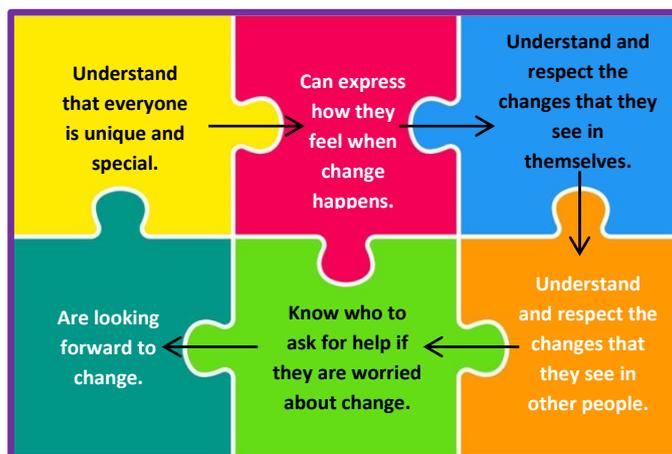
Outcome of unit (Jigsaw p36)

- 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 Summer Term 2 – Changing Me

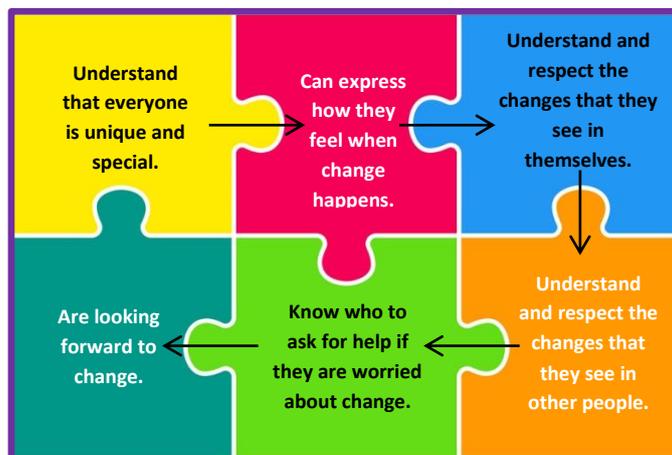
Outcome of unit (Jigsaw p36)

- 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 Summer Term 2 – Changing Me

Outcome of unit (Jigsaw p38)

- I can describe fully the changes that take place inside/outside boys' and girls' bodies during the growing up process and can explain accurately how each of the changes helps to prepare their bodies for making babies when they grow up.
- I can express how I feel about these changes happening to me and can weigh up the positives and the negatives, and understand how to manage these feelings.



- I can explain how boys' and girls' bodies change on the inside/outside 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.
- I recognise how I feel about these changes happening to me and can suggest some ideas to cope with these feelings.



- I can tell you some of the ways that boys' and girls' bodies change on the inside/outside as they grow up, and I know that these changes are connected to making babies.
- I can tell you something I like and something that worries me about the idea of growing up.

Puzzle Outcome of Weekly Celebrations (Jigsaw p3)



Knowledge/Learning Objectives

1) Can I explain the changes that happen between conception and growing up? H2 H3	I can explain that conception is when babies are conceived and that the female has the baby. I can express my opinion as to how seeing animals and their offspring makes me feel. I can say what it might be like to have a new baby brother or sister and I can share if I have experienced this.
2) Can I understand how babies grow and what they need to survive? H2 H3	I can explain how I have changed since I was a baby and how my needs have changed. I know what a young baby needs to survive (sleep, food, milk, etc.). I know that babies start in the womb and that is where they grow. I know that it is important that they are looked after before they are born.
3) Can I explain how my body changes on the outside to produce babies when I am older? H2 H3 H34	I can explain the changes that have happened in my life so far. I know that there will be changes to my body that will make me an adult. I know the outside of my body will change and this will take time. I know that boys and girl's bodies will change differently. I know that there will be changes that I cannot control.
4) Can I explain how my body changes on the inside to produce babies when I am older? R27 H2 H3 H34	I can explain that new life starts when an offspring is conceived. I know that the reason my body changes is to have babies when I am older. I can share when I have seen new life (animals, baby siblings, etc.). I know that the inside of my body will change to enable this to happen. I can express how I feel about these changes.
5) Can I explain the roles within my family? R1 R2 R3 R4 R18 H2 H3	I know that there are different roles within a family and these may differ in each situation. I can explain where these ideas come from and share my own experiences. I know what it is like to have my ideas being challenged. I can express my own views confidently.
6) Can I think about what I am looking forward to in Year 4? H2 H3	I can say what I am looking forward to in Year 4. I can reflect upon Year 3 and how this has helped me so far. I can say how I have changed (what I can do now that I couldn't do before).

Subject Specific Vocabulary/Facts

Affection	A gentle liking or fondness for someone or something.
Animals	A living thing that is different to a human being.
Anxious	Feeling worried or nervous about something.
Baby	A very young child.
Birth	Emergence of a baby or young from a mother.
Care	To show kindness and concern for others.
Challenge	Something that makes us think.
Changes	When something becomes different.
Control	The power to influence how something happens or how someone behaves.
Excited	To be happy and enthusiastic.
Female	A girl or woman.
Grow	To change in size and appearance over time.
Growing up	To become an adult.
Love	A deep feeling of affection for someone or something.
Male	A man or boy.
Mother	A woman related to her child.
Nervous	A feeling of anxiousness or worry.
Nutrients	A substance that provides nourishment.
Ovaries	Part of the female reproductive system where ova are made and stored.
Ovum	The female reproductive cell needed to make a baby.
Penis	Part of the male reproductive system.
Puberty	When adolescents reach sexual maturity.
Roles	Behaviours or things we do as part of a job.
Sperm	The male reproductive cell needed to make a baby.
Stereotypes	Common views of something or someone.
Survive	To continue to live in spite of danger or risk.
Testicles	Part of the male reproductive system.
Uterus	Where offspring are conceived.
Vagina	Part of the female reproductive system.

Year 4 PSHE Summer Term 2 – 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.

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

Year 5 PSHE Summer Term 2 – 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 Summer Term 2 – 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 three 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