

Jigsaw Overview – Term 6 – Changing Me

Changing Me				
KS1 – Years 1 and 2				
Cycle A	Lesson Number	Lesson Topic	RSHE Guidance Reference	Key Vocabulary
Ages 5 - 6	1	Life cycles	R1, R6	<i>Changes, life cycle, baby, adulthood.</i>
Ages 5 - 6	2	Changing me	H4	<i>Change, life cycle, baby, adult, grown up.</i>
Ages 5 - 6	3	My changing body		<i>Baby, growing up, adult, change.</i>
Ages 6 - 7	4	Boys' and girls' bodies	R26, R27, R29 H34	<i>Male, female, penis, testicles, vuvla, vagina, anus, public, private.</i>
Ages 6 - 7	5	Assertiveness	R15, R19, R25, R26, R29, R30, R31, R32	<i>Touch, texture, cuddle, hug, squeeze, like, dislike, comfortable, uncomfortable.</i>
Ages 6 - 7	6	Looking ahead (assessment)	H2, H3	<i>Change, looking forward, excited, nervous, anxious, happy.</i>

Changing Me

KS1 – Years 1 and 2

Cycle B	Lesson Number	Lesson Topic	RSHE Guidance Reference	Key Vocabulary
Ages 6 – 7	1	Life cycles in nature		<i>Change, grow, life cycle, control, baby, adult, fully grown.</i>
Ages 6 - 7	2	Growing from young to old		<i>Growing up, old, young, change, respect, appearance, physical.</i>
Ages 6 - 7	3	The changing me	H34	<i>Baby, toddler, child, teenager, adult, independent, timeline, freedom, responsibilities.</i>
Ages 5 - 6	4	Boys' and girls' bodies	R19, R25, R26, R27, R29 H34	<i>Male, female, penis, testicles, vulva, vagina, anus.</i>
Ages 5 - 6	5	Learning and growing Puzzle outcome: Flowers	R15	<i>Learn, new, grow, change.</i>
Ages 5 - 6	6	Coping with changes (Assessment)	R32 H2	<i>Change, feelings, anxious, worried, excited, coping.</i>

Changing Me

LKS2 – Years 3 and 4

Cycle A	Lesson Number	Lesson Topic	RSHE Guidance Reference	Key Vocabulary
Ages 7 - 8	1	How babies grow	H2, H3	<i>Male, female, changes, birth, animals, babies, mother, growing up.</i>
Ages 7 - 8	2	Babies	H2, H3	<i>Baby, grow, uterus, womb, nutrients, survive, love, affection, care.</i>
Ages 7 - 8	3	Outside body changes	H2, H3, H34	<i>Change, puberty, control, breasts.</i>
Ages 8 - 9	4	Circles of change Puzzle outcome	H4	<i>Circle, seasons, change, control.</i>
Ages 8 - 9	5	Accepting change	H2, H3	<i>Range of emotions, control, change, acceptance.</i>
Ages 8 - 9	6	Looking ahead (assessment)		<i>Change, looking forward, excited, nervous, anxious, happy.</i>

Changing Me

LKS2 – Years 3 and 4

Cycle B	Lesson Number	Lesson Topic	RSHE Guidance Reference	Key Vocabulary
Ages 8 - 9	1	Unique me	R1, R2, R3, R4, R27	<i>Personal, unique, characteristics, parents, gene.</i>
Ages 8 - 9	2	Having a baby* Having a baby (alternative lesson for piece 2)	R1, R2, R3, R4, R26 H34	<i>Sperm, egg/ovum, penis, testicles, vagina/vulva, womb/uterus, ovaries, making love, having sex, sexual intercourse, fertilise, conception.</i> <i>Feelings, responsibilities, carers, characteristics, language, mannerisms, influence.</i>
Ages 7 - 8	4	Inside body changes	R27 H2, H3, H34	<i>Puberty, male, female, testicles, sperm, penis, ovaries, egg, ovum/ova, womb/uterus, vagina, breasts.</i>
Ages 8 – 9	4	Puberty and menstruation	R26 H34, H35	<i>Puberty, menstruation, menstrual cycle, periods, menstrual pads, period pants, tampons, vagina, vulva, ovaries, oestrogen, fallopian tube, fertilised.</i>
Ages 7 - 8	5	Family stereotypes	R1, R2, R3, R4. R18 H2, H3	<i>Stereotypes, task, roles, challenge.</i>

Ages 7 - 8	6	Looking ahead Puzzle outcome: Ribbons (Assessment)	H2, H3	<i>Change, looking forward, excited, nervous, anxious, happy.</i>
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Changing Me

UKS2 – Years 5 and 6

Cycle A	Lesson Number	Lesson Topic	RSHE Guidance Reference	Key Vocabulary
Ages 10 - 11	1	My self image	R15, R27 H1, H4, H6, H7, H9, H10	<i>Self-image, self-esteem, real self, celebrities.</i>
Ages 10 - 11	2	Puberty**	R30, R32 H9, H34, H35	<i>Opportunities, freedoms, responsibilities, puberty vocabulary (as represented on flashcards).</i>
Ages 9 - 10	4	Conception***	H34	<i>Relationships, conception, making love, sexual intercourse, fallopian tube, fertilisation, pregnancy, embryo, umbilical cord, contraception, fertility treatment (IVF).</i>
Ages 10 - 11	3	Babies: conception to birth*** (Assessment)	R1, R4, R32 H9, H35	<i>Pregnancy, embryo, foetus, placenta, umbilical cord, labour, contractions, cervix, midwife.</i>
Ages 10 - 11	5	Real self and ideal self	R13, R15, R16, R19, R27 H1, H4, H6, H9, H10	<i>Self-esteem, negative body-talk, choice, feelings/emotions, challenge, mental health.</i>
Ages 10 - 11	6	The year ahead	H2, H3, H4, H6, H9, H10	<i>Transition, secondary, looking forward, journey, worries, anxiety, hopes, excitement.</i>

Changing Me

UKS2 – Years 5 and 6

Cycle B	Lesson Number	Lesson Topic	RSHE Guidance Reference	Key Vocabulary
Ages 9 - 10	1	Self and body image	R15, R25, R26, R27 H5, H6, H10, H18	<i>Self, self-image, body-image, self-esteem, perception, characteristics, aspects, affirmation.</i>
Ages 9 – 10	2	Puberty for girls	H34	<i>Puberty, menstruation, periods, menstrual towels, menstrual pads, tampons, ovary/ovaries, vagina, oestrogen, vulva, womb/uterus.</i>
Ages 9 - 10	3	Puberty for boys	H2, H3, H34	<i>Puberty, sperm, semen, testicles/testes, erection, ejaculation, wet dream, larynx, facial hair, growth spurt, hormones.</i>
Ages 10 - 11	4	Boyfriends and girlfriends* Adolescent friendships		<i>Attraction, relationship, pressure, love, sexting, consent. Independence, identity, values, relationships, pressure, adolescent.</i>
Ages 9 - 10	5	Looking ahead 1 Puzzle outcome	H4, H34	<i>Teenager, milestone, perceptions, puberty, responsibilities, consent.</i>
Ages 9 - 10	6	Looking ahead 2 (Assessment)	H1, H4	<i>Change, hope, manage, cope, opportunities,</i>

				<i>emotions, fears, excitement, anxious.</i>
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