

PSHE Jigsaw – **Changing Me** – Summer 2 Coverage

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Week 1	<p>My body</p> <p>Name parts of the body</p>	<p>Life cycles</p> <p>Start to understand the life cycles of animals and humans Understand that changes happen as we grow and that this is okay</p>	<p>Life cycles in nature</p> <p>Recognise cycles of life in nature Understand there are some changes that are outside my control and can recognise how I feel about this</p>	<p>How babies grow</p> <p>Understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby Express how I feel when I see babies or baby animals</p>	<p>Unique me</p> <p>Understand that lots of things make up a person's identity and this is what makes them unique Describe how I have choices about developing my own identity and interests as I grow up and that these will contribute to who I am</p>	<p>Self and body image</p> <p>Am aware of my own self-image and how my body image fits into that Know how to develop my own self esteem</p>	<p>My self image</p> <p>Am aware of my own self-image and how my body image fits into that Know how to develop my own self-esteem</p>
Week 2	<p>Respecting my body</p> <p>Tell you some things I can do and foods I can eat to be healthy</p>	<p>Changing me</p> <p>Tell you some things about me that have changed and some things about me that have stayed the same Know that changes are okay and that sometimes they will happen whether I want them to or not</p>	<p>Growing from young to old</p> <p>Tell you about the natural process of growing from young to old and understand that this is not in my control Identify people I respect who are older than me</p>	<p>Outside body changes</p> <p>Understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies, and identify how boys' and girls' bodies change on the outside during this growing up process Recognise how I feel about these changes happening to me and know how to cope with those feelings</p>	<p>Puberty and menstruation</p> <p>Describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this Have strategies to help me cope with the physical and emotional changes I will experience during puberty</p>	<p>Puberty for girls</p> <p>Explain how a girl's body changes during puberty and understand the importance of looking after ourselves physically and emotionally Understand that puberty is a natural process that happens to everybody and that it will be okay for me</p>	<p>Puberty</p> <p>Explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally Express how I feel about the changes that will happen to me during puberty</p>
Week 3	<p>Growing up</p> <p>Understand that we all grow from babies to adults</p>	<p>My changing body</p> <p>Tell you how my body has changed since I was a baby</p>	<p>The changing me</p> <p>Recognise how my body has changed since I was a baby and</p>	<p>Inside body changes</p> <p>Identify how boys' and girls' bodies change on the inside during the</p>	<p>Being part of a family</p> <p>Know there are many types of family and that often our family members form</p>	<p>Puberty for boys</p> <p>Describe how boys' and girls' bodies change during puberty Express how I feel about the</p>	<p>Babies: conception to birth</p> <p>Describe how a baby develops from conception through the nine months of</p>

		Understand that growing up is natural and that everybody grows at different rates	where I am on the continuum from young to old Feel proud about becoming more independent	growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up Recognise how I feel about these changes happening to me and know how to cope with those feelings	part of our inner circle, and know there are trusted people I can turn to if I need help and support as I grow up and go through puberty Recognise that sometimes I may feel anxious about growing up and this is natural, and can identify people who can support me with this	changes that will happen to me during puberty	pregnancy, and how it is born Recognise how I feel when I reflect on the development and birth of a baby
Week 4	Fun and fears Express how I feel about moving to Year 1	Boys' and girls' bodies Identify the parts of the body that make boys different to girls and can use the correct names for private body parts: penis, testicles, vulva, anus Respect my body and understand which parts are private	Boys' and girls' bodies Recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, vagina, anus) and appreciate that some parts of my body are private Describe what I enjoy about being a boy or girl whilst understanding we are all different	Keeping ourselves clean Understand that as boys' and girls' bodies change at puberty, they need to think more about keeping clean and healthy, and know some simple ways of keeping clean which can keep me healthy and protect me from some infections Start to think about ways to keep my body clean as I grow up and how I feel about this	Circles of change Know how the circle of change works and can apply it to changes I want to make in my life Am confident enough to try to make changes when I think they will benefit me	Conception Understand that sexual intercourse can lead to conception and that is how babies are usually made, and understand that sometimes people need help from doctors to have a baby Appreciate how amazing it is that human bodies can reproduce in these ways	Boyfriends and girlfriends Understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend Understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to
Week 5	Fun and fears Talk about my worries and/or the things I am looking forward to about being in Year 1	Learning and growing Understand that every time I learn something new I change a little bit Enjoy learning new things	Assertiveness Understand there are different types of touch and can tell you which ones I like and don't like	Family stereotypes Start to recognise stereotypical ideas I might have about parenting and family roles	Accepting change Identify changes that have been and may continue to be outside of my control that I learnt to accept Express my fears and concerns about changes	Looking ahead 1 Identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	Real self and ideal self Am aware of the importance of a positive self-esteem and what I can do to develop it Express how I feel about my

			Am confident to say what I like and don't like and can ask for help	Express how I feel when my ideas are challenged and might be willing to change my ideas sometimes	that are outside of my control and know how to manage these feelings positively	Am confident that I can cope with the changes that growing up will bring	self-image and know how to challenge negative 'body-talk'
Week 6	Celebration Share my memories of the best bits of this year in Reception	Coping with changes Tell you about changes that have happened in my life Know some ways to cope with changes	Looking ahead Identify what I am looking forward to when I move to my next class Start to think about changes I will make when I am in my next class and know how to go about this	Looking ahead Identify what I am looking forward to when I move to my next class Start to think about changes I will make next year and know how to go about this	Looking ahead Identify what I am looking forward to when I move to a new class Reflect on the changes I would like to make next year and can describe how to go about these	Looking ahead 2 Identify what I am looking forward to when I move to my next class Start to think about changes I will make next year and know how to go about this	The year ahead Identify what I am looking forward to and what worries me about the transition to secondary school / or moving to my next class Know how to prepare myself emotionally for the changes next year
Week 7		Money - how we get money and how we keep it safe Recognise some of the different ways we get money and some of the different forms it comes in Understand how I can look after money to keep it safe	Sun safety Know what to wear to keep myself safe from the sun Recognise the sun is good for me but I need to play in it safely	What do I know about leaders? Know that there are different types of leaders, who come from different cultures, families, backgrounds and places Consider which leaders I know about and why I think they make/made a difference	Keeping safe near water Know how to keep safe around water Consider my responsibility to keep myself and others safe	Healthy teeth and gums Identify different ways that I can take care of my oral hygiene and why this is important Recognise that the lifestyle choices people make can have an impact on dental health	Keeping safe near water Know how to keep safe around water Consider my responsibility to keep myself and others safe