



2021 - 22	Session	Objectives	Vocabulary	Notes/ Resources
Y1 (Y1 content)	1. Life Cycles	Start to understand the life cycles of animals and humans. Understand that changes happen as we grow and that this is ok.	ChangesLife cycleBabyAdulthood	 Jigsaw Jack piece Game – find your pair cards Teacher photos – baby to adult Frog life cycle clip Life cycle cards
	2. Changing Me	Discuss things that have changed and things that have stayed the same. Know that changes are ok and sometimes they will happen whether you want them to or not.	ChangesLife cycleBabyAdultGrown up	Jigsaw Jack pieceLife cycle cards
	3. My changing body	Session 3, 4 and 5 are linked Discuss how the body has changed since being a baby. Understand that growing up is natural and that	 Baby Toddler Child Teenager Adult Growing up 	 Jigsaw Jack piece Teacher photo – baby Baby photos – brought in by the children
	4. Boys' and Girls' Bodies	everybody grows at different rates. Respect the body and understand which parts are private. Understand that every time I learn something new, I change a little bit.	 Mature Change Learn New Grow 	 PowerPoint – male/ female animals PE hoops NSPCC pants rule. <u>Talk</u> <u>PANTS & Join</u> <u>Pantosaurus - The</u>





Jigsaw – Cita				
	Learning and			<u>Underwear Rule </u>
	Growing	Enjoy learning new things.		<u>NSPCC</u>
				Be vigilant of any disclosures
		Session 3 – Baby and toddler		and follow safeguarding
		Session 4 – Teenager and adult		procedures.
				procedures.
		Session 5 – Summary		
				Avoid using the word 'normal'
				or 'normally'.
	6. Coping with	Discuss changes that have happened in life.	Change	Jigsaw Jack piece
	Changes		Feelings	Jigsaw story – All
	Changes	Know some ways to cone with changes	· ·	
		Know some ways to cope with changes.	 Anxious 	change for Jack
			 Worried 	 Bag of items – baby
			 Excited 	item, piece of school
			Coping	uniform, etc.
			Coping	, etc.

2021 - 22	Session	Objectives	Vocabulary	Notes
Y2 (Y2 content)	1. Life Cycles in Nature	Recognise cycles of life in nature. Understand that there are some changes that are outside of your control and to recognise how to feel about this.	 Change Grow Life cycle Control Baby Adult Fully grown 	 Jigsaw Jo piece Game – find your pair cards PowerPoint – Slides of seasonal changes PowerPoint – Lifecycle images
	Growing from Young to Old	Discuss the natural process of growing from young to old and understand that this is not in our control.	 Growing up Old Young	Jigsaw Jo piecePowerPoint – Young to old





Jigsaw – Changing Me		Identify people who you respect who are older than you.	ChangeRespectAppearancePhysical	 Photos from home – older person in their family (when they were young and now).
3. The	e	Recognise how the body has changed since being a baby and recognise where you are on the continuum from young to old. Feel proud about becoming more independent.	 Baby Toddler Child Teenager Adult Independent Timeline Freedom Responsibilities 	 Jigsaw Jo piece Timeline labels – Baby, Toddler, Child, Teenager, Adult A bag of items to represent different stages of growing up
	odies	Recognise the physical differences between boys and girls, use the correct names for parts of the body and appreciate that some parts of the body are private. Discuss what you like/ don't like about being a boy/ girl.	 Male Female Vagina Penis Public Private 	 Jigsaw Jo piece Body parts cards (2 sets) Bag/ laundry basket containing a collection of boys' and girls' clothes (including underwear and swim suits). NSPCC pants rule. Talk PANTS & Join Pantosaurus - The Underwear Rule NSPCC





Jigsaw – Changinį	5. Assertiveness	Understand there are different types of touch and discuss which ones you like and don't like. Be confident to say what you like and don't like and ask for help.	 Touch Texture Cuddle Hug Squeeze Like Dislike Acceptable Unacceptable Comfortable Uncomfortable 	Be vigilant of any disclosures and follow safeguarding procedures. Be aware of any children that have been identified as being transgender without putting them in the spotlight. Avoid using the word 'normal' or 'normally'. Jigsaw Jo piece Poem – What about you? Feely bag 1 (sandpaper, fur, velvet, pinecone, plastic toy, etc.) Feely bag 2 (containing soft material – satin/silk, soft toy) Be vigilant of any disclosures and follow safeguarding
	6. Looking Ahead	Identify what you are looking forward to when moving to your next class.	ChangeLooking forward	 and follow safeguarding procedures. Jigsaw Jo piece PowerPoint – Leaf
		Think about the changes you will make in your next year at school and how you will go about this.	ExcitedNervousAnxious	mobile instructions





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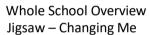
2021 - 22	Session	Objectives	Vocabulary	Notes
Y3 (Y3 content)	1. How Babies Grow	Understand that in animals and humans lots of changes happen between conception and growing up, and that it is usually the female who has the baby. Express how you feel when you see a baby or baby animal.	 Changes Birth Animals Babies Mother Growing up 	 Jigsaw Jino piece Baby/ mother pair cards PowerPoint – baby animals
	2. Babies	Understand how babies grow and develop in the mother's womb. Understand what a baby needs to live and grow. Express how you might feel if there was a new baby in your family.	 Baby Grow Womb Nutrients Survive Love Affection Care 	 Jigsaw Jino piece PowerPoint – baby and baby growing.
	3. Outside Body Changes (Puberty)	Understand that girls' and boy's bodies need to change so that when they grow up their bodies can make babies. Identify how boys' and girls' bodies change on the outside during this growing up process. Recognise how you might feel about these changes happening and how to cope with these feelings.	ChangePubertyControl	 Jigsaw Jino piece Body change cards Outline of body figure on large paper Be aware of any children that have been identified as being transgender without putting them in the spotlight.





ngsaw – Ch				Avoid using the word 'normal' or 'normally'.
	4. Family Stereotypes	Start to recognise stereotypical ideas that you might have about parenting and family roles. Express how you feel when your ideas are challenged and understand that you may be willing	StereotypesTaskRolesChallenge	Jigsaw Jino pieceCharades cardsLGBTQ+ books
	5. Different Families structures	to change your ideas sometimes.	 Single parent family Extended family Step family Blended family 	Jigsaw Jino pieceLGBTQ+ books
	6. Looking Ahead	Identify what you are looking forward to when you move into your next class. Think about the changes you will make in your next year at school and how you will go about this.	 Change Looking forward Excited Nervous Anxious Happy 	 Jigsaw Jino piece PowerPoint – Ribbon mobiles Wooden batons/ sticks Different coloured paper strips (6 per child) Tape







2021 - 22	Session	Objectives	Vocabulary	Notes
Y4 (Y4 content)	1. Unique Me	Understand that some of your personal characteristics have come from your birth parents. Appreciate that you are a truly unique human being.	 Personal Unique Characteristics Parents 	 Jigsaw Jaz Kitten and cat cards Photo – Teacher with parents Post box. Be mindful of children in your class who are fostered, adopted or who may not know information about their birth parents. Talk to them before the session so that they are prepared and can participate as and how they feel able.





2. Girls and Puberty (Possibilit School He Nurse)		PubertyMenstruationPeriods	 Jigsaw Jaz 'How do I feel about puberty' cards 'Bag of tricks' – collection of items related to puberty Check the post box from the last session – some may be answered in this lesson.
3. Circles of Change	Know how the circle of change works and apply it to changes that you want to make in your life. Be confident enough to try to make changes when you think that they will benefit you.	CircleSeasonsChangeControl	 Jigsaw Jaz PowerPoint – Sofia and Levi Circle of change template Split pins Cardboard arrows
4. Accepting Change	Identify changes that have been and may continue to be outside of your control. Express fears and concerns about changes that are outside of your control and know how to manage these feelings positively.	ControlChangeAcceptanceEmotions	 Jigsaw Jaz Emotions cards PowerPoint – Environmental changes Change scenario cards
5. Looking A	nead Identify what you are looking forward to when you move into your next class. Reflect on the changes you would like to make next year and describe how to go about this.	ChangeLooking forwardExcitedNervous	 Jigsaw Jaz 'Bag of tricks' items from session 3 laid out on the floor





Whole School Overview

Jigsaw – Cha	riging ivic				
		•	Anxious Happy	•	Piece of cloth Post box (from previous sessions)
				prev	ck the post box from the vious sessions – check nswered questions.

2021 - 22	Session	Objectives	Vocabulary	Notes
Y5 (Y5 content)	1. Self and Body Image	Be aware of your own self-image and how your body fits into that. Know how to develop your own self esteem.	 Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation 	 Jigsaw Jez Self-image cards Emoji face classroom labels Airbrushed images PowerPoint – Self image prompts
	Conception 3. Conception (including IVF)	Session 2 and 3 linked Understand that sexual intercourse can lead to conception and that is how babies are usually made. Understand that sometimes people need IVF to help them have a baby. Appreciate how amazing it is that human bodies can reproduce in these ways.	 Relationships Conception Making love Sexual intercourse Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility treatment (IVF) 	 Jigsaw Jez Relationships cards Having a baby Diamond 9 cards PowerPoint – A baby in the womb The truth about conception and pregnancy cards Post box (from previous session)





Jigsaw – Cha	anging ivie			
	4. Puberty for Girls	Explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally. Understand that puberty is a natural process that happens to everybody and that it will be ok.	 Puberty Menstruation Periods Ovary/ Ovaries Vagina Womb 	This lesson may need longer time allocated (1.5 – 2 hours). Check the post box from the previous sessions – address any concerns/ questions. Jigsaw Jez Menstruation card match Range of sanitary products Menstruation worry cards Published information leaflets about puberty. Post box This lesson may need longer time allocated (1.5 – 2 hours). Ensure you know the policy/ procedures that support any girls in the school when having a period.
	5. Puberty for Boys	Describe how boys' and girls' bodies change during puberty. Express how you feel about the changes that will happen during puberty.	PubertySpermTesticles/ TestesErectionLarynx	 Jigsaw Jez Tennis ball Puberty points of view statements Agree/ disagree labels





Whole School Overview

Jigsaw – Cha	nging Me			
3,534 - 3,14			 Facial hair Growth spurt Hormones 	 Boys 'n' puberty quiz Published information leaflets about puberty LGBTQ+ books Post box (from previous session) This lesson may need longer time allocated (1.5 – 2 hours). Check the post box from the previous sessions – address any concerns/ questions. Teachers may wish to provide for single gender groups to spend time with a member of staff of the same gender see
				staff of the same gender so that they can ask more personal questions.
	6. Looking Ahead	Identify what you are looking forward to about becoming a teenager and understand this brings growing responsibilities.	TeenagerMilestonePerceptionsPuberty	 Jigsaw Jez Selection of pages from teen magazines Flip chart paper
		Be confident that you can cope with the changes that growing up will bring.	 Responsibilities 	Paper/ Card

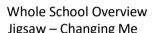
	2021 - 22	Session	Objectives	Vocabulary	Notes
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Jigsaw – Cha			1	
Y6 (Y6 content)	1. My Self Image	Be aware of my own self-image and how my image fits into that. Know how to develop your own self-esteem.	 Self-image Self-esteem Real self Celebrity 	 Jigsaw Jem Classroom labels (letter A-D) PowerPoint – Time and Money PowerPoint – Facts about fashion Flipchart and pens Unhelpful/ helpful resources
	2. Puberty (Possibility of School Health Nurse)	Explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally. Explain how you feel about the changes that will happen during puberty.	 Opportunities Freedoms Responsibilities 	 Jigsaw Jem Growing up Bingo cards Puberty flashcards PowerPoint – Male and female body changes Puberty truth or myth cards (1 set per group) Boy/ girl worries cards Advice on personal hygiene (sourced by teacher for appropriateness) Paper Post box Advised to allow at least 2 hours for this session







Jigsaw – Chang	ging Me			
	<u></u>			(preferably an entire morning/ afternoon. Split lesson at girl talk/ boy talk (could be planned for the following day/ later in the same week). 2 members of staff will need to be available for this, if possible one male and one female. Masturbating only to be discussed during girl/ boy talk sessions, not whole class.
	3. Babies: Conception to birth	Describe how a baby develops from conception through the nine months of pregnancy, and how it is born. Recognise how you feel and reflect on the development and birth of a baby.	 Pregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife 	 Jigsaw Jem Tennis ball PowerPoint – Baby developing in the womb Set of 'Baby can' cards Advised to allow at least 2 hours for this session or split into 2 sessions (suggested split at 'let me learn'.
	Boyfriends and Girlfriends	Understand how being physically attracted to someone changes the nature of the relationship	AttractionRelationship	Jigsaw Jem





Jigsaw – Changing Me	and what that might mean about having a girlfriend/ boyfriend. Understand that having respect for one another is essential in a boyfriend/ girlfriend relationship and that you should not feel pressured into doing something you don't want to.		 Should I/ Shouldn't I resource Diamond 9 cards
5. Real Sel Ideal Se	The state of the s	 Self-esteem Negative body-talk Choice Feelings/ emotions Challenge Mental health 	 Jigsaw Jem Cosmetic items – toothpaste, hair product, make-up PowerPoint – Ideal bodies Coloured pens
6. The Yea	Identify what you are looking forward to and what worries you about the transition to secondary school/ moving to the next class. Know how to prepare emotionally for the changes next year.	 Transition Secondary Looking forward Journey Worries Anxiety Hopes Excitement 	 Jigsaw Jem PowerPoint – Bungee run Pens and paper