

Whole School Overview
Jigsaw – Changing Me

2021 - 22	Session	Objectives	Vocabulary	Notes/ Resources
Y1 (Y1 content)	1. Life Cycles	<p>Start to understand the life cycles of animals and humans.</p> <p>Understand that changes happen as we grow and that this is ok.</p>	<ul style="list-style-type: none"> • Changes • Life cycle • Baby • Adulthood 	<ul style="list-style-type: none"> • Jigsaw Jack piece • Game – find your pair cards • Teacher photos – baby to adult • Frog life cycle clip • Life cycle cards
	2. Changing Me	<p>Discuss things that have changed and things that have stayed the same.</p> <p>Know that changes are ok and sometimes they will happen whether you want them to or not.</p>	<ul style="list-style-type: none"> • Changes • Life cycle • Baby • Adult • Grown up 	<ul style="list-style-type: none"> • Jigsaw Jack piece • Life cycle cards
	3. My changing body	<p><u>Session 3, 4 and 5 are linked</u></p> <p>Discuss how the body has changed since being a baby.</p> <p>Understand that growing up is natural and that everybody grows at different rates.</p>	<ul style="list-style-type: none"> • Baby • Toddler • Child • Teenager • Adult • Growing up • Mature • Change • Learn • New • Grow 	<ul style="list-style-type: none"> • Jigsaw Jack piece • Teacher photo – baby • Baby photos – brought in by the children
	4. Boys' and Girls' Bodies	<p>Respect the body and understand which parts are private.</p> <p>Understand that every time I learn something new, I change a little bit.</p>		<ul style="list-style-type: none"> • PowerPoint – male/ female animals • PE hoops • NSPCC pants rule. Talk PANTS & Join Pantosaurus - The

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	5. Learning and Growing	<p>Enjoy learning new things.</p> <p><u>Session 3 – Baby and toddler</u> <u>Session 4 – Teenager and adult</u> <u>Session 5 – Summary</u></p>		<p>Underwear Rule NSPCC</p> <p><i>Be vigilant of any disclosures and follow safeguarding procedures.</i></p> <p><i>Avoid using the word ‘normal’ or ‘normally’.</i></p>
	6. Coping with Changes	<p>Discuss changes that have happened in life.</p> <p>Know some ways to cope with changes.</p>	<ul style="list-style-type: none"> • Change • Feelings • Anxious • Worried • Excited • Coping 	<ul style="list-style-type: none"> • Jigsaw Jack piece • Jigsaw story – All change for Jack • Bag of items – baby item, piece of school uniform, etc.

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Y2 (Y2 content)	1. Life Cycles in Nature	<p>Recognise cycles of life in nature.</p> <p>Understand that there are some changes that are outside of your control and to recognise how to feel about this.</p>	<ul style="list-style-type: none"> • Change • Grow • Life cycle • Control • Baby • Adult • Fully grown 	<ul style="list-style-type: none"> • Jigsaw Jo piece • Game – find your pair cards • PowerPoint – Slides of seasonal changes • PowerPoint – Lifecycle images
	2. Growing from Young to Old	<p>Discuss the natural process of growing from young to old and understand that this is not in our control.</p>	<ul style="list-style-type: none"> • Growing up • Old • Young 	<ul style="list-style-type: none"> • Jigsaw Jo piece • PowerPoint – Young to old

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		Identify people who you respect who are older than you.	<ul style="list-style-type: none"> • Change • Respect • Appearance • Physical 	<ul style="list-style-type: none"> • Photos from home – older person in their family (when they were young and now).
	3. The Changing Me	<p>Recognise how the body has changed since being a baby and recognise where you are on the continuum from young to old.</p> <p>Feel proud about becoming more independent.</p>	<ul style="list-style-type: none"> • Baby • Toddler • Child • Teenager • Adult • Independent • Timeline • Freedom • Responsibilities 	<ul style="list-style-type: none"> • Jigsaw Jo piece • Timeline labels – Baby, Toddler, Child, Teenager, Adult • A bag of items to represent different stages of growing up
	4. Boy's and Girls' Bodies	<p>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.</p> <p>Discuss what you like/ don't like about being a boy/ girl.</p>	<ul style="list-style-type: none"> • Male • Female • Vagina • Penis • Public • Private 	<ul style="list-style-type: none"> • 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

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				<p><i>Be vigilant of any disclosures and follow safeguarding procedures.</i></p> <p><i>Be aware of any children that have been identified as being transgender without putting them in the spotlight.</i></p> <p><i>Avoid using the word 'normal' or 'normally'.</i></p>
	5. Assertiveness	<p>Understand there are different types of touch and discuss which ones you like and don't like.</p> <p>Be confident to say what you like and don't like and ask for help.</p>	<ul style="list-style-type: none"> • Touch • Texture • Cuddle • Hug • Squeeze • Like • Dislike • Acceptable • Unacceptable • Comfortable • Uncomfortable 	<ul style="list-style-type: none"> • 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) <p><i>Be vigilant of any disclosures and follow safeguarding procedures.</i></p>
	6. Looking Ahead	<p>Identify what you are looking forward to when moving to your next class.</p> <p>Think about the changes you will make in your next year at school and how you will go about this.</p>	<ul style="list-style-type: none"> • Change • Looking forward • Excited • Nervous • Anxious 	<ul style="list-style-type: none"> • Jigsaw Jo piece • PowerPoint – Leaf mobile instructions

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			<ul style="list-style-type: none"> Happy 	
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Y3 (Y3 content)	1. How Babies Grow	<p>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.</p> <p>Express how you feel when you see a baby or baby animal.</p>	<ul style="list-style-type: none"> Changes Birth Animals Babies Mother Growing up 	<ul style="list-style-type: none"> Jigsaw Jino piece Baby/ mother pair cards PowerPoint – baby animals
	2. Babies	<p>Understand how babies grow and develop in the mother's womb.</p> <p>Understand what a baby needs to live and grow.</p> <p>Express how you might feel if there was a new baby in your family.</p>	<ul style="list-style-type: none"> Baby Grow Womb Nutrients Survive Love Affection Care 	<ul style="list-style-type: none"> Jigsaw Jino piece PowerPoint – baby and baby growing.
	3. Outside Body Changes (Puberty)	<p>Understand that girls' and boy's bodies need to change so that when they grow up their bodies can make babies.</p> <p>Identify how boys' and girls' bodies change on the outside during this growing up process.</p> <p>Recognise how you might feel about these changes happening and how to cope with these feelings.</p>	<ul style="list-style-type: none"> Change Puberty Control 	<ul style="list-style-type: none"> Jigsaw Jino piece Body change cards Outline of body figure on large paper <p><i>Be aware of any children that have been identified as being transgender without putting them in the spotlight.</i></p>

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				<i>Avoid using the word 'normal' or 'normally'.</i>
	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 to change your ideas sometimes.	<ul style="list-style-type: none"> • Stereotypes • Task • Roles • Challenge 	<ul style="list-style-type: none"> • Jigsaw Jino piece • Charades cards • LGBTQ+ books
	5. Different Families structures		<ul style="list-style-type: none"> • Single parent family • Extended family • Step family • Blended family 	<ul style="list-style-type: none"> • Jigsaw Jino piece • LGBTQ+ 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.	<ul style="list-style-type: none"> • Change • Looking forward • Excited • Nervous • Anxious • Happy 	<ul style="list-style-type: none"> • Jigsaw Jino piece • PowerPoint – Ribbon mobiles • Wooden batons/ sticks • Different coloured paper strips (6 per child) • Tape

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2021 - 22	Session	Objectives	Vocabulary	Notes
Y4 (Y4 content)	1. Unique Me	<p>Understand that some of your personal characteristics have come from your birth parents.</p> <p>Appreciate that you are a truly unique human being.</p>	<ul style="list-style-type: none"> • Personal • Unique • Characteristics • Parents 	<ul style="list-style-type: none"> • Jigsaw Jaz • Kitten and cat cards • Photo – Teacher with parents • Post box. <p><i>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.</i></p>

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	<p>2. Girls and Puberty</p> <p>(Possibility of School Health Nurse)</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 is a natural part of this.</p> <p>Know that you have strategies to help cope with the physical and emotional changes that you will experience during puberty.</p>	<ul style="list-style-type: none"> • Puberty • Menstruation • Periods 	<ul style="list-style-type: none"> • Jigsaw Jaz • 'How do I feel about puberty' cards • 'Bag of tricks' – collection of items related to puberty <p><i>Check the post box from the last session – some may be answered in this lesson.</i></p>
	<p>3. Circles of Change</p>	<p>Know how the circle of change works and apply it to changes that you want to make in your life.</p> <p>Be confident enough to try to make changes when you think that they will benefit you.</p>	<ul style="list-style-type: none"> • Circle • Seasons • Change • Control 	<ul style="list-style-type: none"> • Jigsaw Jaz • PowerPoint – Sofia and Levi • Circle of change template • Split pins • Cardboard arrows
	<p>4. Accepting Change</p>	<p>Identify changes that have been and may continue to be outside of your control.</p> <p>Express fears and concerns about changes that are outside of your control and know how to manage these feelings positively.</p>	<ul style="list-style-type: none"> • Control • Change • Acceptance • Emotions 	<ul style="list-style-type: none"> • Jigsaw Jaz • Emotions cards • PowerPoint – Environmental changes • Change scenario cards
	<p>5. Looking Ahead</p>	<p>Identify what you are looking forward to when you move into your next class.</p> <p>Reflect on the changes you would like to make next year and describe how to go about this.</p>	<ul style="list-style-type: none"> • Change • Looking forward • Excited • Nervous 	<ul style="list-style-type: none"> • Jigsaw Jaz • 'Bag of tricks' items from session 3 laid out on the floor

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			<ul style="list-style-type: none"> Anxious Happy 	<ul style="list-style-type: none"> Piece of cloth Post box (from previous sessions) <p><i>Check the post box from the previous sessions – check unanswered questions.</i></p>
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2021 - 22	Session	Objectives	Vocabulary	Notes
Y5 (Y5 content)	1. Self and Body Image	<p>Be aware of your own self-image and how your body fits into that.</p> <p>Know how to develop your own self esteem.</p>	<ul style="list-style-type: none"> Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation 	<ul style="list-style-type: none"> Jigsaw Jez Self-image cards Emoji face classroom labels Airbrushed images PowerPoint – Self image prompts
	2. Conception	<p><u>Session 2 and 3 linked</u></p> <p>Understand that sexual intercourse can lead to conception and that is how babies are usually made.</p> <p>Understand that sometimes people need IVF to help them have a baby.</p> <p>Appreciate how amazing it is that human bodies can reproduce in these ways.</p>	<ul style="list-style-type: none"> Relationships Conception Making love Sexual intercourse Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility treatment (IVF) 	<ul style="list-style-type: none"> 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)
	3. Conception (including IVF)			

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				<p><i>This lesson may need longer time allocated (1.5 – 2 hours).</i></p> <p><i>Check the post box from the previous sessions – address any concerns/ questions.</i></p>
	4. Puberty for Girls	<p>Explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.</p> <p>Understand that puberty is a natural process that happens to everybody and that it will be ok.</p>	<ul style="list-style-type: none"> • Puberty • Menstruation • Periods • Ovary/ Ovaries • Vagina • Womb 	<ul style="list-style-type: none"> • Jigsaw Jez • Menstruation card match • Range of sanitary products • Menstruation worry cards • Published information leaflets about puberty. • Post box <p><i>This lesson may need longer time allocated (1.5 – 2 hours).</i></p> <p><i>Ensure you know the policy/ procedures that support any girls in the school when having a period.</i></p>
	5. Puberty for Boys	<p>Describe how boys' and girls' bodies change during puberty.</p> <p>Express how you feel about the changes that will happen during puberty.</p>	<ul style="list-style-type: none"> • Puberty • Sperm • Testicles/ Testes • Erection • Larynx 	<ul style="list-style-type: none"> • Jigsaw Jez • Tennis ball • Puberty points of view statements • Agree/ disagree labels

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			<ul style="list-style-type: none"> • Facial hair • Growth spurt • Hormones 	<ul style="list-style-type: none"> • Boys 'n' puberty quiz • Published information leaflets about puberty • LGBTQ+ books • Post box (from previous session) <p><i>This lesson may need longer time allocated (1.5 – 2 hours).</i></p> <p><i>Check the post box from the previous sessions – address any concerns/ questions.</i></p> <p><i>Teachers may wish to provide for single gender groups to spend time with a member of staff of the same gender so that they can ask more personal questions.</i></p>
	6. Looking Ahead	<p>Identify what you are looking forward to about becoming a teenager and understand this brings growing responsibilities.</p> <p>Be confident that you can cope with the changes that growing up will bring.</p>	<ul style="list-style-type: none"> • Teenager • Milestone • Perceptions • Puberty • Responsibilities 	<ul style="list-style-type: none"> • Jigsaw Jez • Selection of pages from teen magazines • Flip chart paper • Paper/ Card

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Y6 (Y6 content)	1. My Self Image	<p>Be aware of my own self-image and how my image fits into that.</p> <p>Know how to develop your own self-esteem.</p>	<ul style="list-style-type: none"> • Self-image • Self-esteem • Real self • Celebrity 	<ul style="list-style-type: none"> • 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)	<p>Explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.</p> <p>Explain how you feel about the changes that will happen during puberty.</p>	<ul style="list-style-type: none"> • Opportunities • Freedoms • Responsibilities 	<ul style="list-style-type: none"> • 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 <p><i>Advised to allow at least 2 hours for this session</i></p>

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				<p><i>(preferably an entire morning/ afternoon.</i></p> <p><i>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.</i></p> <p><i>Masturbating only to be discussed during girl/ boy talk sessions, <u>not whole class.</u></i></p>
	3. Babies: Conception to birth	<p>Describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</p> <p>Recognise how you feel and reflect on the development and birth of a baby.</p>	<ul style="list-style-type: none"> • Pregnancy • Embryo • Foetus • Placenta • Umbilical cord • Labour • Contractions • Cervix • Midwife 	<ul style="list-style-type: none"> • Jigsaw Jem • Tennis ball • PowerPoint – Baby developing in the womb • Set of ‘Baby can ...’ cards <p><i>Advised to allow at least 2 hours for this session or split into 2 sessions (suggested split at ‘let me learn’.</i></p>
	4. Boyfriends and Girlfriends	Understand how being physically attracted to someone changes the nature of the relationship	<ul style="list-style-type: none"> • Attraction • Relationship 	<ul style="list-style-type: none"> • Jigsaw Jem

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		<p>and what that might mean about having a girlfriend/ boyfriend.</p> <p>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.</p>	<ul style="list-style-type: none"> • Pressure • Love • Sexting 	<ul style="list-style-type: none"> • Should I/ Shouldn't I resource • Diamond 9 cards
	5. Real Self and Ideal Self	<p>Be aware of the importance of a positive self-esteem and what you can do to develop it.</p> <p>Express how you feel about your self-image and know how to challenge negative 'body-talk'.</p>	<ul style="list-style-type: none"> • Self-esteem • Negative body-talk • Choice • Feelings/ emotions • Challenge • Mental health 	<ul style="list-style-type: none"> • Jigsaw Jem • Cosmetic items – toothpaste, hair product, make-up • PowerPoint – Ideal bodies • Coloured pens
	6. The Year Ahead	<p>Identify what you are looking forward to and what worries you about the transition to secondary school/ moving to the next class.</p> <p>Know how to prepare emotionally for the changes next year.</p>	<ul style="list-style-type: none"> • Transition • Secondary • Looking forward • Journey • Worries • Anxiety • Hopes • Excitement 	<ul style="list-style-type: none"> • Jigsaw Jem • PowerPoint – Bungee run • Pens and paper