

**Jigsaw Assembly Themes for Summer 2 2022 – Changing Me**

Week	Themes
Week 1	Understand that everyone is unique and special
Week 2	Can express how they feel when change happens
Week 3	Understand and respect the changes that they see in themselves
Week 4	Understand and respect the changes that they see in others
Week 5	Know who to ask for help if they are worried about change
Week 6	Are looking forward to change

## Year 3 Changing Me

### Questions for Family Learning

How have you changed since you were a baby? Where does a baby start from? How do babies grow inside the mother? What do babies need in order to survive and grow? How are the changes that happen to boys and girls different? As you grow up, which are the changes you can control and make choices about? How do you feel about changes? What are the changes that will turn you from a child into an adult? How are our bodies going to change on the inside? What are these changes for? What does stereotypical mean? Can ideas be challenged? How does it feel when your ideas are challenged? Why do children's bodies change into adults? What could you do if you were worried about growing up and puberty? Who would be a good person for you to talk to about puberty and growing up? What are the good things about growing up and what things are less good?

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. How Babies Grow	I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby	I can express how I feel when I see babies or baby animals
Can express how they feel when change happens	2. Babies	I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow	I can express how I might feel if I had a new baby in my family
Understand and respect the changes that they see in themselves	3. Outside Body Changes	I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process	I recognise how I feel about these changes happening to me and know how to cope with those feelings
Understand and respect the changes that they see in other people	4. Inside Body Changes	I can identify how boys' and girls' bodies change on the inside 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 know how to cope with these feelings
Know who to ask for help if they are worried about change	5. Family Stereotypes	I can start to recognise stereotypical ideas I might have about parenting and family roles	I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes
Are looking forward to change	6. Looking Ahead Assessment Opportunity ★ Puzzle Outcome: Ribbon Mobiles	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

### Key Vocabulary

Changes Birth Animals Babies Mother Growing up Grow Uterus Womb Nutrients Survive Love Affection Care Change Puberty Control Puberty Male Female Testicles Sperm Penis Ovaries Egg Ovum/ Ova Womb/ Uterus Vagina Stereotypes Task Roles Challenge Excited Nervous Anxious Happy

## Year 4 Changing Me

### Questions for Family Learning

Can you remember where the sperm and the egg come from? Why do we need to have differences between male and female? How do you feel when you think about puberty and growing up? How does the way you feel compare with how other people feel? What do these objects tell you about changes or new experiences at puberty? What is menstruation and how are these items connected with it? Do human beings have control over these changes in nature? How easy is it for you to accept changes to our planet that we appear to have little control over? Which changes can you control? Which ones have you no control over? How do you feel about this change? How are you going to manage this change? What might help you best to manage/achieve the change? How are you feeling about puberty? Can you think of ways to help you manage the changes that are going to happen at puberty?

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. Unique Me	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm	I appreciate that I am a truly unique human being
Can express how they feel when change happens	2. Having a Baby	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby	I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult
Understand and respect the changes that they see in themselves	3. Girls and Puberty	I can 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	I have strategies to help me cope with the physical and emotional changes I will experience during puberty
Understand and respect the changes that they see in other people	4. Circles of Change Puzzle Outcome: Circles of Change	I know how the circle of change works and can apply it to changes I want to make in my life	I am confident enough to try to make changes when I think they will benefit me
Know who to ask for help if they are worried about change	5. Accepting Change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
Are looking forward to change	6. Looking Ahead Assessment Opportunity ★	I can identify what I am looking forward to when I move to a new class	I can reflect on the changes I would like to make next year and can describe how to go about this

### Key Vocabulary

Personal Unique Characteristics Parents Sperm Egg/ Ovum Penis Testicles Vagina/ Vulva Womb/ Uterus Ovaries Making love Having sex Sexual Intercourse Fertilise Conception Menstruation Periods Circle Seasons Emotions Acceptance

# Year 5 Changing Me

## Questions for Family Learning

Is it fair to judge ourselves against images we see in the media or online? Is it fair to judge ourselves against our friends? What could be the consequences of your perceptions regarding self-image, from images like this? If we assume that being as thin as possible is positive, could this lead to anorexia or bulimia in some people? Why might changes to your body at puberty make you feel embarrassed? Can you remember the facts about menstruation? Do you know what sanitary products look like and how they are used? What questions or worries do you think girls a bit younger than you might have when they think about puberty? Can you identify the correct words to describe changes that happen to boys during puberty? What are the important things a couple should consider before deciding to have a baby? Does everyone agree on what the right circumstances are for bringing up a child? Can people make love and not have a baby? What happens if a couple wants a baby but find they can't have one? How are the magazines presented? What messages might be being given about teenagers? What responsibilities might you begin to have as you become older? What sort of feelings might you experience at puberty/times of change?

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. Self and Body Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
Can express how they feel when change happens	2. Puberty for Girls	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	I understand that puberty is a natural process that happens to everybody and that it will be ok for me
Understand and respect the changes that they see in themselves	3. Puberty for boys	I can describe how boys' and girls' bodies change during puberty	I can express how I feel about the changes that will happen to me during puberty
Understand and respect the changes that they see in other people	4. Conception	I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby	I appreciate how amazing it is that human bodies can reproduce in these ways
Know who to ask for help if they are worried about change	5. Looking Ahead 1 Puzzle Outcome: Change Cards	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	I am confident that I can cope with the changes that growing up will bring
Are looking forward to change	6. Looking Ahead 2	I can identify what I am looking forward to when I move to my next class.	I can start to think about changes I will make next year and know how to go about this.

### Key Vocabulary

Self Image Body image Self-esteem Perception Characteristics Aspects Affirmation Puberty Menstruation Periods Sanitary towels Sanitary pads Tampons Ovary/ Ovaries Vagina Oestrogen Vulva Womb/Uterus Sperm Semen Testicles/Testes Erection Ejaculation Wet dream Larynx Facial hair Growth spurt Hormones Relationships Conception Making love Sexual intercourse Fallopian tube Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility treatment (IVF) Teenager Perceptions

## Year 6 Changing Me

### Questions for Family Learning

Does having the latest fashion, hairstyle, 'look' make us happy in the end? What 'pressures' do we face to look 'cool' fashionable all the time? Can you recognise a baby in the photo of a scan, and identify the different parts of its body? Can you imagine what it was like, being in the womb? Do you know what a baby in the womb can and can't do? Can you imagine how a new born baby's parents must feel when the birth is over? What are your own thoughts and feelings about the process by which a new life is formed? What fears or worries might you be holding back?

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Understand that everyone is unique and special	1. My Self Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
Can express how they feel when change happens	2. Puberty	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty
Understand and respect the changes that they see in themselves	3. Babies: Conception to Birth Assessment Opportunity ★	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby
Understand and respect the changes that they see in other people	4. Boyfriends and Girlfriends	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend	I 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
Know who to ask for help if they are worried about change	5. Real self and ideal self	I am aware of the importance of a positive self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative 'body-talk'
Are looking forward to change	6. The Year Ahead	I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.	I know know how to prepare myself emotionally for the changes next year.

### Key Vocabulary

Self-image Self-esteem Real self Celebrity Opportunities Freedoms Responsibilities Pregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife Attraction Relationship Pressure Love Sexting Negative Body Talk