

Piece 6 (Year 5 - Summer 2) – Changing Me

Weekly Celebration	Pieces	PSHE Education (developed from National Framework DFEE 2000)	Emotional Literacy/Social Skills (Developed from SEAL – Social and Emotional Aspects of Learning DFES 2004)	Resources	Vocabulary
Understand that everyone is unique and special	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	Jigsaw Chime, 'Calm Me' script, Ball, Jigsaw Jez, Self-image cards, Image PowerPoint slide , Self-image picture frame card template, Jigsaw Journals.	Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation
Can express how they feel when change happen Understand and respect the changes that they see in themselves	Girls puberty To be taught to girls only	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 I can express how I feel about the changes that will happen to me during puberty	Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, PowerPoint slides female bodies, animation: The Female Reproduction System, Menstruation Card Match, Sets of a range of sanitary products: tampons with and without applicators, pads with and without wings, pads of varying sizes, colours and shapes, Great Growing Up resource sheet, Menstruation Worries cards - one for each working group, If available: some examples of published information leaflets about puberty, Jigsaw Jez's private post	GIRLS ONLY Puberty Menstruation Periods Sanitary towels Sanitary pads Tampons Ovary Vagina Womb/Uterus

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				box, Jigsaw Journals	
Can express how they feel when change happen Understand and respect the changes that they see in themselves	Boys puberty To be taught to boys only	I can explain how a boy'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 I can express how I feel about the changes that will happen to me during puberty	Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Tennis ball, Puberty: Points of View statements, Agree and Disagree labels, Animation: The Male Reproductive System, PowerPoint slides: male organs (as per Year 4 Piece 2) Boys 'n' Puberty Quiz - either single sheets or cut up into sets of cards, Materials as necessary to produce a colourful information leaflet or PowerPoint presentation, If available: some examples of published information leaflets about puberty, Jigsaw Journals.	BOYS ONLY Puberty Sperm Semen Testicles/Testes Erection Ejaculation Wet dream Larynx Facial hair Growth spurt Hormones
Know who to ask for help if they are worried about change	Looking ahead	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities	I am confident that I can cope with the changes that growing up will bring	Jigsaw Chime, 'Calm Me' script, Jigsaw Jez, Jigsaw Song sheet: 'Changing as I grow', Birthday cake and candles, Selection of age 13 birthday cards/PowerPoint pictures, Flip chart paper, Jigsaw Journals.	Teenager Milestone Perceptions Puberty Responsibilities
Are looking forward to change	Looking ahead to year 6	I can identify what I am looking	I can start to think about changes I will make when I am in Year 6 and	Jigsaw Chime, 'Calm Me' script, Six visiting Year 6 pupils, Jigsaw Jez, Spinning top template, Circle	Change Hope Manage

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		forward to when I am in Year 6	know how to go about this	of change template, Jigsaw Journals, Pot of bubbles.	Cope Opportunities Emotions Fear Excitement Anxious
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