

Piece 6 (Year 6 - 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	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	. Jigsaw Chime, 'Calm me' script, Jigsaw Song sheet: 'Changing as I grow', PowerPoint of celebrity images , 'Real' self/'ideal' self template, Highlighter pens, Jigsaw Journals, 3 bottles as props, Smoothie label template, Smoothie recipe template, Fruit smoothies (optional)	Self-image Self-esteem Real self Celebrity
Can express how they feel when change happen  Understand and respect the changes that they see in themselves	Puberty  Girls and boys to be taught separately	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	Jigsaw Chime, 'Calm Me' script, Growing-Up Bingo cards, Puberty Flashcards, PowerPoint slides of male and female organs, PowerPoint slides showing girl to woman and boy to man, Animations: Female and Male Reproductive Systems, Puberty Truth or Myth cards, enough for each working group to have one complete set, Blank paper, Jigsaw Jem's Private Post Box	GIRLS AND BOYS Underarm hair Penis Moody Vagina Womb Spots Hormones Testicles breasts Puberty Sperm Ovulation

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					Sanitary towel Breasts Tampons menstruation
<p>Can express how they feel when change happen</p> <p>Understand and respect the changes that they see in themselves</p>	<p>Girl Talk/Boy Talk</p> <p>Girls and boys to be taught separately</p>	<p>I can ask the questions I need answered about changes during puberty</p>	<p>I can reflect on how I feel about asking the questions and about the answers I receive</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, Preferably two separate spaces for boys and girls to work separately, The questions submitted by the children at the end of the previous Piece, typed up and checked for anonymity, and sorted into sets of boy's and girl's questions, Animations: Female and Male Reproductive Systems</p>	<p>Trust</p> <p>Respect</p> <p>BOYS</p> <p>Wet dreams</p> <p>Sperm</p> <p>Semen</p> <p>Testicles/Testes</p> <p>Erection</p> <p>Ejaculation</p> <p>Wet dream</p> <p>Larynx</p> <p>Facial hair</p> <p>Growth spurt</p> <p>Hormones</p> <p>GIRLS</p> <p>Menstruation</p> <p>Periods</p> <p>Sanitary towels</p> <p>Sanitary pads</p> <p>Tampons</p> <p>Ovary</p>

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					Vagina Womb/Uterus
Know who to ask for help if they are worried about change	Attraction	I understand how being physically attracted to someone changes the nature of the relationship	I can express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this	Jigsaw Chime, 'Calm Me' script, Jigsaw Jem, Photo cards: Holding hands, Jigsaw Journals.	Independence Grown up Attraction Relationship Friends
Are looking forward to change	Transition to Secondary School	I can identify what I am looking forward to and what worries me about the transition to secondary school	I know how to prepare myself emotionally for starting secondary school	Jigsaw Chime, 'Calm Me' script, Jigsaw Song sheet: 'Changing as I grow', Jigsaw Jem, PowerPoint slide of Bungee, Coloured card and pens, Blank T-shirts, Fabric pens	Change Hope Manage Cope Opportunities Emotions Fear Excitement Anxious