

JIGSAW PSHE Lessons
Year 3 and 4: Changing me
Term 6

Pieces	Outcome	Resources
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.	Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, Cat and kitten cards, 'My Parents and Me' Puzzle templates, Jigsaw Journals.
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.	Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, 'Making Things cards, Sheets of flipchart paper prepared with questions written at the top, Flashcard pictures of sperm and egg, PowerPoint slides - Changes on the inside, Animation: The Female Reproductive System, Printed copies of PowerPoint slides, Jigsaw Journals,
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.	Jigsaw Chime, 'Calm Me' script, 'I-low do I feel about puberty' cards, A *bag of tricks - a mystery bag containing a collection of items relating to puberty and growing up, for a lucky dip activity, Animation: The Female Reproductive System, PowerPoint slide of internal female organs, Sets of Menstruation Cards for card-sod and/or sticking into Jigsaw Journals, Jigsaw Journals, Jigsaw Jaz.

<p>4. Circles of change</p>	<p>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.</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Song sheet: 'Changing as I grow', Jigsaw Jaz, Season tree pictures, Book: 'Moving House' by Anna Civaradi and Stephen Cartwright, Circle of change PowerPoint slide, Circle of change diagram, Circle of change template, Split pins, Jigsaw Journals.</p>
<p>5. Accepting change</p>	<p>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.</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, Emotions cards, Jigsaw Song sheet: 'Changing as I grow', Season tree pictures from Piece 4, Change Scenario cards, Jigsaw Journals.</p>
<p>6. Looking ahead</p>	<p>I can identify what I am looking forward to when I am in Year 3 and 4. I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this.</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, Two visiting Year 5 pupils, Circle of change template, Jigsaw Song sheet 'Changing as I grow, Jigsaw Journals.</p>