

Bleak Hill RSE (JIGSAW Changing Me)

Whole School Overview



Reception				
Learning Objective	Social and Emotional Development	Key Lesson Vocabulary		
My Body	I can name parts of the body	Eye Ear Knee Finger Foot Mouth	Nose Stomach Eyebrow Arm Tongue	Toe Forehead Chest Hand Leg
Respecting My Body	I can tell you some things I can do and foods I can eat to be healthy	Healthy Unhealthy Food Exercise		
Growing Up	I understand that we all grow from babies to adults	Grow up Taller / bigger Old / young Change		

Fun and Fears Part 1	I can express how I feel about moving to Year 1	Emotion related vocabulary, e.g., worried, nervous, happy, excited.
Fun and Fears Part 2	I can talk about my worries and/or the things I am looking forward to about being in Year 1	Emotion related vocabulary, e.g., worried, nervous, happy, excited.
Celebrations	I can share my memories of the best bits of this year in Reception	Favourite Memory
Year One		
Learning Objective	Social and Emotional Development	Key Lesson Vocabulary
Life Cycles	I am starting to understand the life cycles of animals and humans. I understand that changes happen as we grow and that this is ok.	Changes Life Cycle Baby Adulthood

<p>Changing Me</p>	<p>I can tell you some things about me that have changed and some things about me that have stayed the same. I know that changes are ok and that sometimes they will happen whether I want them to or not.</p>	<p>Change Life Cycle Baby Adult Grown up</p>
<p>My Changing Body</p>	<p>I know how my body has changed since I was a baby. I understand that growing up is natural and that everybody grows at different rates.</p>	<p>Baby Growing up Adult Mature Change</p>
<p>Boys' and Girls' Bodies</p>	<p>I can identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina, vulva, anus. I can respect my body and understand which parts are private.</p>	<p>Male Female Vagina Penis Testicles Vulva Anus</p>
<p>Learning and Growing</p>	<p>I understand that every time I learn something new I change a little bit. I enjoy learning new things.</p>	<p>Learn New Grow Change</p>

Coping with Changes	<p>I can tell you about changes that have happened in my life.</p> <p>I know some ways to cope with changes.</p>	<p>Change Feelings Anxious Worried Excited Coping</p>
Year Two		
Learning Objective	Social and Emotional Development	Key Lesson Vocabulary
Life Cycles in Nature	<p>I can recognise cycles of life in nature.</p> <p>I can understand there are some changes that are outside my control and to recognise how I feel about this.</p>	<p>Change Grow Life cycle Control Baby Adult Fully grown</p>
Growing From Young to Old	<p>I can tell you about the natural process of growing from young to old and understand that this is not in my control.</p> <p>I can identify people I respect who are older than me.</p>	<p>Growing up Old Young Change Respect Appearance Physical</p>
The Changing Me	<p>I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old.</p>	<p>Baby Toddler Child</p>

	I can feel proud about becoming more independent.	Teenager Adult Independent Timeline Freedom Responsibilities
Boys' and Girls' Bodies	I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina, vulva, anus) and appreciate that some parts of my body are private. I can tell you what I like/don't like about being a boy/girl.	Male Female Vagina Penis Testicles Vulva Anus Public Private
Assertiveness	I can understand there are different types of touch and tell you which ones I like and don't like. I can be confident to say what I like and don't like and ask for help.	Touch Texture Cuddle Hug Squeeze Like Dislike Acceptable Unacceptable Comfortable Uncomfortable

Looking Ahead	<p>I can identify what I am looking forward to when I move to my next class.</p> <p>I can start thinking about changes I will make in my next year at school and know how to go about this.</p>	<p>Change</p> <p>Looking forward</p> <p>Excited</p> <p>Nervous</p> <p>Anxious</p> <p>Happy</p>
Year Three		
Lesson Objective	Social and Emotional Development	Key Lesson Vocabulary
How babies Grow	I can express how I feel when I see babies or baby animals	<p>Changes</p> <p>Birth</p> <p>Animals</p> <p>Babies</p> <p>Mother</p> <p>Growing up</p>
Babies	I can express how I might feel if I had a new baby in my family	<p>Baby</p> <p>Grow</p> <p>Uterus</p> <p>Womb</p> <p>Nutrients</p> <p>Survive</p> <p>Love</p> <p>Affection</p> <p>Care</p>
Outside body changes	I recognise how I feel about these changes happening to me and know how to cope with those feelings	<p>Change</p> <p>Puberty</p> <p>Control</p>

Inside body changes	I recognise how I feel about these changes happening to me and know how to cope with these feelings	Puberty Male Female Testicles Sperm Penis Ovaries Egg Ovum/Ova Womb/uterus Vagina
Family Stereotypes	I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes	Stereotypes Task Roles Challenge
Looking ahead	Start to think about changes I will make next year and know how to go about this	Change Looking forward Excited Nervous Anxious Happy
Year Four		
Learning Objective	Social and Emotional Development	Key Lesson Vocabulary
Unique Me	I appreciate that I am truly a unique human being.	Self Unique

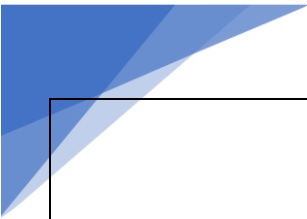
		Parents Perception Characteristics
Responsibilities and Joys	Understanding the responsibility of being a parent and the joy it can bring.	Feelings Responsibilities Carers Characteristics Language Mannerisms Influence
Puberty	Know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty.	Puberty Menstruation Periods Hormones Emotions Scrotum Testes Penis Pubic
Circles of Change - Puzzle Outcome: Circles of Change	I am confident enough to try to make changes when I think they will benefit me.	Circle Seasons Change Control

Accepting Change	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.	Teenager Milestone Perceptions Puberty Responsibilities Change Hope Manage Cope Opportunities Emotions Fear Excitement Anxious
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Year Five

Learning Objective	Social and Emotional Development	Key Lesson Vocabulary
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.	Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation

<p>Puberty for Girls</p>	<p>I can explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally.</p> <p>I can understand that puberty is a natural process that happens to everybody and that it will be OK for me.</p>	<p>Puberty Menstruation Periods Sanitary towels Sanitary pads Tampons Ovary/ Ovaries Vagina Oestrogen Vulva Womb/Uterus Penis Sperm</p>
<p>Puberty for Boys</p>	<p>I can describe how boys' and girls' bodies change during puberty.</p> <p>I can express how I feel about the changes that will happen to me during puberty.</p>	<p>Gay Lesbian Bi-sexual Transgender Puberty Sperm Semen Testicles/Testes Testosterone Circumcised Foreskin Erection Ejaculation</p>



		Wet dream Larynx Facial hair Growth spurt Hormones
Conception	<p>I can understand that sexual intercourse can lead to conception and that is how babies are usually made.</p> <p>I can understand that sometimes people need IVF to help them have a baby.</p> <p>I can appreciate how amazing it is that human bodies can reproduce in these ways.</p>	Relationships Conception Making love Sexual intercourse Insemination Surrogacy Fallopian tube Fertilisation Pregnancy Embryo Umbilical cord Contraception Fertility treatment (IVF)

Looking ahead	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.	Teenager Milestone Perceptions Puberty Responsibilities Change Hope Manage Cope Opportunities Emotions Fear Excitement Anxious
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Year Six

Learning Objective	Social and Emotional Development	Key Lesson Vocabulary	
My self-image	I am aware of my own self-image and how my body fits into that I know how to develop my own self-esteem	Self-image Self-esteem Real self celebrity	
Puberty	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally I can express how I feel about the changes that will happen to me during puberty	Opportunities Freedoms Responsibilities Pubic hair Voice breaks	Clitoris Testicles Sperm Underarm hair Penis

		Menstruation Semen Growing taller Hips widen Facial hair Erection Tampon Breasts Hormones	Feeling moody Vagina Womb Fallopian tube Vulva Wet dream Ovulation Masturbation Sanitary towel
Babies: Conception to Birth	I can describe how a baby develops from conception through the nine months of pregnancy and how it is born I recognise how I feel when I reflect on the development and birth of a baby	Pregnancy Embryo Foetus Placenta Umbilical cord Labour Contractions Cervix Midwife Body parts Vaginal opening Belly button Fertilises	
Boyfriends and girlfriends	I understand how being physically attracted to someone changes the nature of the relationship	Attraction Relationship Pressure	

	<p>and what that might mean about having a girlfriend or boyfriend</p> <p>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</p>	<p>Love</p> <p>Sexing</p>
<p>Real self and ideal self</p>	<p>I am aware of the importance of a positive self-esteem and what I can do to develop it</p> <p>I can express how I feel about my self-image and know how to challenge negative 'body-talk'</p>	<p>Self-esteem</p> <p>Negative body-talk</p> <p>Choice</p> <p>Mental health</p> <p>Challenge</p> <p>Feelings</p> <p>Emotions</p>
<p>The year ahead</p>	<p>I can identify what I am looking forward to and what worries me about the transition to secondary school</p> <p>I know how to prepare myself emotionally for the changes next year</p>	<p>Transition</p> <p>Secondary</p> <p>Looking forward</p> <p>Journey</p> <p>Worries</p> <p>Anxiety</p> <p>Hopes</p> <p>Excitement</p>