



## Jigsaw PSHE Summer 2 - Changing Me (Y3)

This term, the Jigsaw unit we will be covering in PSHE is 'Changing Me'. This unit is concerned with coping positively with changes in our lives, both physically and emotionally. The 'puzzle pieces' explored are detailed below, as is the core vocabulary we will be teaching and using.

This unit explores bodily changes which eventually enable human bodies to have babies if the people involved wish to. It looks at baby animals and humans, what they need to grow and how we feel about them.

It also explores common stereotypes around families and parenthood, how we can challenge these and why they may have become stereotypes in the first place. We explore how family units can take many forms and how in some families parental responsibility may not lie with a biological parent.

### Puzzle Pieces (lessons)

1. How babies grow (understanding healthy growth in animals and humans, expressing feelings about babies).
2. Babies (understanding that a baby grows within the mother's uterus and what it needs to grow, expressing possible feelings towards new babies in a family).
3. Outside body changes (changes that happen outside people's bodies as they grow up which enable them to have a baby one day if they choose to).
4. Inside body changes (changes that happen inside people's bodies as they grow up which enable them to have a baby one day if they choose to).
5. Family stereotypes (recognising stereotypical ideas about families and parenting and how to question these).
6. Looking ahead (looking forward to the next academic year and exploring changes we would like to make).

### Vocabulary

Changes, Birth, Animals, Babies, Mother, Growing up, Baby, Grow, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Control, Male, Female, Testicles, Sperm, Penis, Ovaries, Egg, Ovum / ova, Womb / uterus, Vagina, Stereotypes, Task, Roles, Challenge, Looking forward, Excited, Nervous, Anxious, Happy.

Jigsaw, the mindful approach to PSHE is a progressive and spiral scheme of learning. In planning the lessons, Jigsaw PSHE ensures that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate.