



Jigsaw PSHE Summer 2 - Changing Me (Y4)

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 and the process of growing up, discussing the choice many people make to have a baby later on in life. It teaches us how our bodies are designed for reproduction and how this potential emerges as we grow up and develop.

It also explores the concept of change in our lives and how change can be represented as a circle. Having the confidence to make important changes is covered. We explore the fact that many changes are outside of our control, and that this can lead to feelings of uncertainty or anxiety. Strategies for managing these feelings are also included.

Puzzle Pieces (lessons)

1. Unique me (celebrating individuality, understanding that some characteristics come from parents).
2. Having a baby (understanding that this is a choice, knowing which body parts have a role in human reproduction).
3. Girls and puberty (menstruation, how emotions change alongside this and how to manage this).
4. Circles of change (what circles of change are, having confidence to make changes in life).
5. Accepting change (understanding that some changes are outside of control, learning how to express feelings on change and manage anxiety).
6. Looking ahead (looking forward to the next academic year and exploring changes we would like to make).

Vocabulary

Personal, Unique, Characteristics, Parents, Sperm, Egg / ovum, Penis, Testicles, Vagina / vulva, Womb / uterus, Ovaries, Making love, Having sex, Sexual intercourse, Fertilise, Conception, Puberty, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions, Acceptance, 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.