



Jigsaw PSHE Summer 2 - Changing Me (Y5)

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, experiencing puberty and how human beings reproduce.

It also explores the emotional changes that come as we grow and develop, both around ourselves and our feelings towards others.

Puzzle Pieces (lessons)

1. Self-image and body image (perceptions of oneself and others and self-esteem).
2. Puberty for girls (physical and emotional changes including menstruation, self-care).
3. Puberty for boys (physical and emotional changes).
4. Conception (sexual intercourse, pregnancy, foetal development and treatments such as IVF).
5. Looking ahead 1 (rights and responsibilities as we grow older and have more freedom).
6. Looking ahead 2 (looking forward to the next academic year and exploring our feelings about that).

Vocabulary

Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, Uterus, Womb, Oestrogen, Fallopian Tube, Cervix, Develops, Puberty, Breasts, Vagina, Vulva, Hips, Penis, Testicles, Adam's Apple, Scrotum, Genitals, Hair, Broader, Wider, Sperm, Semen, Erection, Ejaculation, Urethra, Wet dream, Growth spurt, Larynx, Facial hair, Pubic hair, Hormones, Scrotum, Testosterone, Circumcised, Uncircumcised, Foreskin, Epididymis, Ovaries, Egg (Ovum), Period, Fertilised, Unfertilised, Conception, Having sex, Sexual intercourse, Making love, Embryo, Umbilical cord, IVF, Foetus, Contraception, Pregnancy, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights.

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.