



Jigsaw PSHE Summer 2 - Changing Me (Y6)

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 recaps puberty and the process of growing up, reflecting on how we feel about the changes we are (and will be) going through. It teaches the process of human reproduction from conception to birth, including key biological information and reflection on the emotional elements of this process.

It also explores the emotional changes that come as we grow and develop, both around ourselves and our feelings towards others. It looks at positive self-image and self-esteem, discussing ways to promote this and deal with negative body talk.

Puzzle Pieces (lessons)

1. My self-image (perceptions of ourself and others and self-esteem).
2. Puberty (physical and emotional changes, self-care).
3. Babies: conception to birth (how human reproduction takes place, how embryos develop, birth).
4. Boyfriends and girlfriends/adolescent friendships (changing emotions, romantic relationships, how to deal with perceived pressure).
5. Real self and ideal self (how to nurture self-esteem and challenge negative body talk).
6. The year ahead (looking forward to transitioning to a new school and exploring our feelings about that).

Vocabulary

Body-image, Self-image, Characteristics, Looks, Personality, Perception, Self-esteem, Affirmation, Comparison, negative body-talk, mental health, 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, midwife, labour, Menstruation, Sanitary products, Tampon, Pad, Towel, Liner, Hygiene, Age appropriateness, Legal, Laws, Responsible, Teenager, Responsibilities, Rights, opportunities, freedoms, responsibilities, attraction, relationship, love, sexting, transition, secondary, looking forward, journey, worries, anxiety, excitement .

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.