

Les Landes PSHE

Jigsaw- Changing Me Unit



Blue- to be covered

Green- Covered elsewhere

Y1: Changing Me Unit

1 Life Cycles (Covered in Y2 Science)

2 Changing Me

3 My Changing Body

4 Boys' and Girls' bodies (Covered in Y2 Keeping Safe and Well)

5 Learning and Growing

6 Coping with Changes

Y2: Changing Me Unit

1 Life Cycles in Nature (Covered in Y2 Science)

2 Growing from young to old (Covered in Y2 Science)

3. The Changing Me (Covered in Y2 Keeping Safe and Well)

4 Boys' and Girls' bodies (Covered in Y2 Keeping Safe and Well)

5 Learning and Growing (Covered in Y2 Keeping Safe and Well)

6 Coping with Changes

Y3: Changing Me Unit

1 How Babies Grow

2 Babies (To be covered in Y6)

3. Outside Body Changes (To be covered in Y4)

4 Inside Body Changes (To be covered in Y5)

5 Family Stereotypes

6 Looking Ahead

Y4: Changing Me Unit

1 Unique Me

2 Having a Baby (To be covered in Y6)

3. Girls and Puberty (To be covered in Y5 Puberty for Girls lesson)

4 Circles of Change

5 Accepting Change

6 Looking Ahead

(See Y3 for additional lesson)

Y5: Changing Me Unit

1 Self and Body Image

2 Puberty for Girls (To be covered in Y5 Spring)

3. Puberty for boys (To be covered in Y6)

4 Conception (To be covered in Y6)

5 Looking Ahead

6 Looking Ahead to Y6

Y6: Changing Me Unit

1 Self and Body Image

2 Puberty

3. Girl Talk/ Boy Talk

4 Babies- Conception to Birth

5 Attraction

6 Transition to Secondary School

(See Y4, 5 and 6 Additional lessons- to be covered in Jigsaw/BBC)

2 Babies (Y3 lesson)

2 Having a Baby (Y4 Lesson)

3. Puberty for boys (Y5 Lesson)

4 Conception (Y5 Lesson)