

Year 5 Jigsaw Program – Changing Me- Final Summer Term Coverage and Vocabulary

Weekly Celebration	Pieces & Vocabulary	PSHE learning intention	Social and emotional development learning intention	Resources
Understand that everyone is unique and special	<p>1. Self and Body Image</p> <ul style="list-style-type: none"> • <i>Self</i> • <i>Self-image</i> • <i>Body image</i> • <i>Self-esteem</i> • <i>Perception</i> • <i>Characteristics</i> • <i>Aspects</i> • <i>Affirmation</i> 	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem	Jigsaw Chime, Jigsaw Jez, Self-image cards, Emoji face classroom labels, Airbrushed images (teacher sourced), Frame card template , Jigsaw Journals, My Jigsaw Journey, Learning/Reflection Sheet, Jigsaw Jerrie Cat.
Can express how they feel when change happens	<p>2. Puberty for Girls</p> <ul style="list-style-type: none"> • <i>Puberty</i> • <i>Menstruation</i> • <i>Periods</i> • <i>Menstrual towels</i> • <i>Menstrual pads</i> • <i>Tampons</i> • <i>Ovary/ Ovaries</i> • <i>Vagina</i> • <i>Oestrogen</i> • <i>Vulva</i> • <i>Womb/Uterus</i> 	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	I understand that puberty is a natural process that happens to everybody and that it will be ok for me	Jigsaw Chime, Jigsaw Jez, Animation: The Female Reproductive System, Menstruation Card Match, A range of sanitary products, The Great Growing Up Adventure resource sheet, A set of Menstruation Worries cards If available: some examples of

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				<p>published information leaflets about puberty, Jigsaw Jez’s Private Post Box (teacher to make), Jigsaw Journals, My Jigsaw Journey, Learning/Reflection Sheet, Jigsaw Jerrie Cat.</p>
<p>Understand and respect the changes that they see in themselves</p>	<p>3. Puberty for boys</p> <ul style="list-style-type: none"> • <i>Puberty</i> • <i>Sperm</i> • <i>Semen</i> • <i>Testicles/Testes</i> • <i>Erection</i> • <i>Ejaculation</i> • <i>Wet dream</i> • <i>Larynx</i> • <i>Facial hair</i> • <i>Growth spurt</i> • <i>Hormones</i> 	<p>I can describe how boys’ and girls’ bodies change during puberty</p>	<p>I can express how I feel about the changes that will happen to me during puberty</p>	<p>Tennis ball, Jigsaw Chime, Puberty: Points of View statements, Agree and Disagree labels, Animation: The Male Reproductive System, Boys ‘n’ Puberty Quiz - either single sheets or cut up into sets of cards, Materials as necessary to produce a colourful information leaflet or a visual slide presentation, If available: some examples of published information leaflets</p>

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				<p>about puberty, Jigsaw Journals, Jigsaw Jez’s post box, My Jigsaw Journey, Learning/Reflection Sheet, Jigsaw Jez, Jigsaw Jerrie Cat.</p>
<p>Understand and respect the changes that they see in other people</p>	<p>4. Conception</p> <ul style="list-style-type: none"> • <i>Relationships</i> • <i>Conception</i> • <i>Making love</i> • <i>Sexual intercourse</i> • <i>Fallopian tube</i> • <i>Fertilisation</i> • <i>Pregnancy</i> • <i>Embryo</i> • <i>Umbilical cord</i> • <i>Contraception</i> • <i>Fertility treatment (IVF)</i> 	<p>I understand that sexual intercourse can lead to conception and that is how babies are usually made</p> <p>I also understand that sometimes people need IVF to help them have a baby</p>	<p><i>I appreciate how amazing it is that human bodies can reproduce in these ways</i></p>	<p>Relationships Cards, Jigsaw Chime, Jigsaw Jez, Animations: The Female Reproductive System and The Male Reproductive System, Having A Baby Diamond 9 cards, The Truth About Conception and Pregnancy card sort – statements, true/false cards, explanation cards, Jigsaw Journals, My Jigsaw Journey, Learning/Reflection Sheet, Jigsaw Jez’s post box, Jigsaw Jerrie Cat.</p>
<p>Know who to ask for help if they are worried about change</p>	<p>5. Looking Ahead 1</p>	<p>I can identify what I am looking forward to about becoming a teenager and</p>	<p><i>I am confident that I can cope with the</i></p>	<p>Jigsaw Song: ‘A New Day’, Jigsaw Chime, Jigsaw Jez, Selection</p>

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	<p>Puzzle Outcome: Change Cards</p> <ul style="list-style-type: none"> • <i>Teenager</i> • <i>Milestone</i> • <i>Perceptions</i> • <i>Puberty</i> • <i>Responsibilities</i> • <i>Consent</i> 	<p>understand this brings growing responsibilities (age of consent)</p>	<p>changes that growing up will bring</p>	<p>of pages from teen magazines, Flip chart paper, Paper or card for card designs, Jigsaw Journals, My Jigsaw Journey, Learning/Reflection Sheet, Jigsaw Jerrie Cat.</p>
<p>Are looking forward to change</p>	<p>6. Looking Ahead 2</p> <ul style="list-style-type: none"> • <i>Change</i> • <i>Hope</i> • <i>Manage</i> • <i>Cope</i> • <i>Opportunities</i> • <i>Emotions</i> • <i>Fear</i> • <i>Excitement</i> • <i>Anxious</i> 	<p>I can identify what I am looking forward to when I move to my next class.</p>	<p>I can start to think about changes I will make next year and know how to go about this.</p>	<p>Jigsaw Chime, Jigsaw Jez, Spinning top template, Circle of Change template, Jigsaw Journals, My Jigsaw Journey, Learning/Reflection Sheet, Certificates, Jigsaw Jerrie Cat.</p>