

Changing Me Puzzle Map – Ages 9-10 – Year 5

Piece (lesson)	RSHE Guidance Reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Vocab that may be covered
1. Having a Baby (originally year 4 lesson 2 – see Jigsaw planning)	R1, R2, R3, R4, R26, H34	I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby	I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult	Penis Vagina Breasts Vulva
2. Girls and Puberty (originally year 4 lesson 3 – see Jigsaw planning)	R26, H34, H35	I can describe how a girls' body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this	I have strategies to help me cope with the physical and emotional changes I will experience during puberty	Anus Making love Having sex Fertilise Conception
3. Self and Body Image	R15, R25, R26, R27, H5, H6, H10, H18	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	Menstruation Periods
4. Girls and Puberty		I can describe how a girls' 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.	Self image Body image Perception Self esteem
5. Puberty for Boys	H2, H3, H34	I can describe how boys' and girls' bodies change during puberty	I can express how I feel about the changes that will happen to me during puberty	Sanitary towels Tampons
6. Looking Ahead 1 Puzzle Outcome: Change Cards	H4, H34	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	I am confident that I can cope with the changes growing up will bring	Oestrogen Semen Erection Ejaculation
7. Looking Ahead 2	H1, H4	I can identify what I am looking forward to when I move to my next class	I can start to think about changes I will make next year and know how to go about this	Wet dream Larynx Facial hair Hormones