

**Changing Me Puzzle Map – Ages 10-11 – Year 6**

<b>Piece (lesson)</b>	<b>RSHE Guidance Reference</b>	<b>PSHE Learning Intentions</b>	<b>Social and Emotional Skills Learning Intentions</b>	<b>Vocab that may be covered</b>
<b>1. My Self Image</b>	R15, R27, H1, H4, H6, H7, H9, H10	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	Penis Testicles
<b>2. Puberty</b>	R30, R32, H9, H34, H35	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty	Vagina Vulva Anus Breasts
<b>3. Conception (originally year 5 lesson 4 – see jigsaw planning)</b>	H34	I understand that sexual intercourse can lead to conception and that is how babies are usually made I also understand that sometimes people need IVF to help them have a baby	I appreciate how amazing it is that human bodies can reproduce in these ways	Conception Fallopian tube Pregnancy Embryo Umbilical cord Contraception
<b>4. Babies: Conception to Birth Assessment Opportunity</b>	R1, R4, R32, H9, H35	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby	Fertility treatment (IVF) Sexting Celebrity
<b>5. Boyfriends and Girlfriends</b>	R4, R7, R8, R9, R13, R19, H9	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend	I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to	Pubic hair Masturbation Ovulation Clitoris Foetus
<b>6. Real Self and Ideal Self</b>	R13, R15, R16, R19, R27, H1, H4, H6, H9, H10	I am aware of the importance of self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative 'body-talk'	Placenta Contractions Labour
<b>7. The Year Ahead</b>	H2, H3, H4, H6, H9, H10	I can identify what I am looking forward to and what worries me about the transition to secondary school/or moving to my next class	I know how to prepare myself emotionally for the changes next year.	Cervix Midwife