

## PSHCE Jigsaw – **Changing Me** – Summer 2 Coverage

	Year 3	Year 4	Year 5	Year 6
<b>Week 1</b>	<p style="text-align: center;"><b>Growing up</b></p> <p>understand that in animals and humans lots of changes happen between birth and growing up, and that usually it is the female who has the baby            express how I feel when I see babies or baby animals</p>	<p style="text-align: center;"><b>Attitudes towards money</b></p> <p>understand different ways that people’s spending decisions can affect others and the environment, and that things have different values            recognise that people have different attitudes towards saving and spending money, and towards risk</p>	<p style="text-align: center;"><b>Healthy teeth and gums</b></p> <p>identify different ways that I can take care of my oral hygiene and why this is important            recognise that the lifestyle choices people make can have an impact on dental health</p>	<p style="text-align: center;"><b>Keeping safe near water</b></p> <p>know how to keep safe around water            consider my responsibility to keep myself and others safe</p>
<b>Week 2</b>	<p style="text-align: center;"><b>Behaving differently online</b></p> <p>identify ways that some people might behave differently online and who to ask for help if I am worried            recognise that not everything that is online is true, including who people say they are</p>	<p style="text-align: center;"><b>Keeping safe near water</b></p> <p>know how to keep safe around water            consider my responsibility to keep myself and others safe</p>	<p style="text-align: center;"><b>Keeping safe near water</b></p> <p>know how to keep safe around water            consider my responsibility to keep myself and others safe</p>	<p style="text-align: center;"><b>My self-image</b></p> <p>aware of my own self-image and how my body image fits into that            know how to develop my own self-esteem</p>
<b>Week 3</b>	<p style="text-align: center;"><b>Keeping safe near water</b></p> <p>know how to keep safe around water            consider my responsibility to keep myself and others safe</p>	<p style="text-align: center;"><b>Unique me</b></p> <p>understand that some of my personal characteristics have come from my birth parents            appreciate that I am a truly unique human being</p>	<p style="text-align: center;"><b>Being safe around fire and fireworks</b></p> <p>identify different ways that I can keep myself safe around fire and fireworks            recognise that other people might choose to act differently around fire and fireworks</p>	<p style="text-align: center;"><b>Real self and ideal self</b></p> <p>be aware of the importance of a positive self-esteem and what I can do to develop it            express how I feel about my self-image and know how to challenge negative ‘body-talk’</p>

<p><b>Week 4</b></p>	<p><b>Family stereotypes</b></p> <p>start to recognise stereotypical ideas I might have about parenting and family roles</p> <p>express how I feel when my ideas are challenged and be willing to change my ideas sometimes</p>	<p><b>Circles of change</b></p> <p>know how the circle of change works and can apply it to changes I want to make in my life</p> <p>am confident enough to try to make changes when I think they will benefit me</p>	<p><b>Self-image and body image</b></p> <p>be aware of my own self-image and how my body image fits into that</p> <p>know how to develop my own self esteem</p>	<p><b>The year ahead</b></p> <p>identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class</p> <p>know how to prepare myself emotionally for the changes next year</p>
<p><b>Week 5</b></p>	<p><b>Sun safety</b></p> <p>know what to wear to keep myself safe from the sun</p> <p>recognise the sun is good for me but I need to play in it safely</p>	<p><b>Accepting change</b></p> <p>identify changes that have been and may continue to be outside of my control that I learnt to accept</p> <p>express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</p>	<p><b>Looking ahead 1</b></p> <p>identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities</p> <p>be confident that I can cope with the changes that growing up will bring</p>	<p><b>Puberty</b></p> <p>explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally</p> <p>express how I feel about the changes that will happen to me during puberty</p>
<p><b>Week 6</b></p>	<p><b>Looking ahead to next year</b></p> <p>identify what I am looking forward to when I move to my next class</p> <p>start to think about changes I will make next year and know how to go about this</p>	<p><b>Looking ahead to next year</b></p> <p>identify what I am looking forward to when I move to a new class</p> <p>reflect on the changes I would like to make next year and can describe how to go about this</p>	<p><b>Looking ahead 2</b></p> <p>identify what I am looking forward to when I move to my next class</p> <p>to think about changes I will make next year and know how to go about this</p>	<p><b>Puberty</b></p> <p>describe how a girl's 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</p> <p>know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty</p>