

PSHE Jigsaw – **Being Me in My World** – Autumn 1 Coverage

	Year 3	Year 4	Year 5	Year 6
Week 1	<p style="text-align: center;">Getting to know each other</p> <p>recognise my worth and identify positive things about myself and my achievements, set personal goals and know how to use my Jigsaw Journal value myself and know how to make someone else feel welcome and valued</p>	<p style="text-align: center;">Becoming a class 'team'</p> <p>know my attitudes and actions make a difference to the class team and know how to use my Jigsaw Journal know how good it feels to be included in a group and understand how it feels to be excluded and try to make people feel welcome and valued</p>	<p style="text-align: center;">My year ahead</p> <p>face new challenges positively and know how to set personal goals and know how to use my Jigsaw Journal know what I value most about my school and can identify my hopes for this school year</p>	<p style="text-align: center;">My year ahead</p> <p>identify my goals for this year, understand my fears and worries about the future and know how to express them and know how to use my Jigsaw Journal feel welcome and valued and know how to make others feel the same</p>
Week 2	<p style="text-align: center;">Our school</p> <p>face new challenges positively, make responsible choices and ask for help when I need it recognise how it feels to be happy, sad or scared and to be able to identify if other people are feeling these emotions</p>	<p style="text-align: center;">Being a school citizen</p> <p>understand who is in my school community, the roles they play and how I fit in take on a role in a group and contribute to the overall outcome</p>	<p style="text-align: center;">Being a citizen of my country</p> <p>understand my rights and responsibilities as a citizen of my country empathise with people in this country whose lives are different to my own</p>	<p style="text-align: center;">Being a global citizen 1</p> <p>know that there are universal rights for all children but for many children these rights are not met understand my own wants and needs and can compare these with children in different communities</p>
Week 3	<p style="text-align: center;">Our dream school</p> <p>understand why rules are needed and how they relate to rights and responsibilities know how to make others feel valued</p>	<p style="text-align: center;">Rights, responsibilities and democracy</p> <p>understand how democracy works through the school council/in this school recognise my contribution to making a Learning Charter for the whole school</p>	<p style="text-align: center;">Year 5 responsibilities</p> <p>understand my rights and responsibilities as a citizen of my country and a member of my school empathise with people in this country whose lives are different to my own</p>	<p style="text-align: center;">Being a global citizen 2</p> <p>understand that my actions affect other people locally and globally understand my own wants and needs and able to compare these with children in different communities</p>
Week 4	<p>Rewards and consequences</p>	<p>Rewards and consequences</p>	<p>Rewards and consequences</p>	<p>The learning charter</p>

	<p>understand that my actions affect myself and others and I care about other people's feelings</p> <p>understand that my behaviour brings rewards/consequences</p>	<p>understand that my actions affect myself and others and I care about other people's feelings and try to empathise with them</p> <p>understand how rewards and consequences motivate people's behaviour</p>	<p>make choices about my own behaviour because I understand how rewards and consequences feel</p> <p>understand that my actions affect me and others</p>	<p>make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities</p> <p>understand that my actions affect myself and others; I care about other people's feelings and try to empathise with them</p>
Week 5	<p>Our learning charter</p> <p>make responsible choices and take action</p> <p>work cooperatively in a group</p>	<p>Our learning charter</p> <p>understand how groups come together to make decisions</p> <p>take on a role in a group and contribute to the overall outcome</p>	<p>Our learning charter</p> <p>understand how an individual's behaviour can impact on a group</p> <p>contribute to the group and understand how we can function best as a whole</p>	<p>Our learning charter</p> <p>understand how an individual's behaviour can impact on a group</p> <p>contribute to the group and understand how we can function best as a whole</p>
Week 6	<p>Owning our learning charter</p> <p>understand my actions affect others and try to see things from their points of view</p> <p>choose to follow the Learning Charter</p>	<p>Owning our learning charter</p> <p>understand how democracy and having a voice benefits the school community</p> <p>understand why our school community benefits from a Learning Charter and can help others to follow it</p>	<p>Owning our learning charter</p> <p>understand how democracy and having a voice benefits the school community and know how to participate in this</p> <p>understand why our school community benefits from a Learning Charter and can help others to follow it</p>	<p>Owning our learning charter</p> <p>understand how democracy and having a voice benefits the school community</p> <p>understand why our school community benefits from a Learning Charter and how I can help others to follow it by modelling it myself</p>

PSHE Jigsaw – Celebrating Difference – Autumn 2 Coverage

	Year 3	Year 4	Year 5	Year 6
Week 1	<p style="text-align: center;">Families</p> <p>understand that everybody’s family is different and important to them appreciate my family/the people who care for me</p>	<p style="text-align: center;">Judging by appearances</p> <p>understand that, sometimes, we make assumptions based on what people look like try to accept people for who they are</p>	<p style="text-align: center;">Different cultures</p> <p>understand that cultural differences sometimes cause conflict be aware of my own culture</p>	<p style="text-align: center;">Am I normal?</p> <p>understand there are different perceptions about what normal means empathise with people who are different (some vocabulary: gender, gay, gang, marriage)</p>
Week 2	<p style="text-align: center;">Family conflict</p> <p>understand that differences and conflicts sometimes happen among family members know how to calm myself down and can use the ‘Solve it together’ technique</p>	<p style="text-align: center;">Understanding influences</p> <p>understand what influences me to make assumptions based on how people look question why I think what I do about other people</p>	<p style="text-align: center;">Racism</p> <p>understand what racism is be aware of my attitude towards people from different races</p>	<p style="text-align: center;">Understanding difference</p> <p>understand that everyone has a right to be who they are be aware of my attitude towards people who are different to me (some vocabulary: diverse, transgender, equality, identity)</p>
Week 3	<p style="text-align: center;">Hidden disabilities</p> <p>understand how having a hidden disability or difficulty could affect someone’s life consider and empathise with people with hidden disabilities or differences</p>	<p style="text-align: center;">Understanding bullying</p> <p>know that sometimes bullying is hard to spot and to know what to do if I think bullying is going on but I’m not sure know how it might feel to be a witness to and a target of bullying</p>	<p style="text-align: center;">Rumours and name-calling (bullying)</p> <p>understand how rumour-spreading and name-calling can be bullying behaviour tell you a range of strategies to manage my feelings in bullying situations and for problem-solving when I’m part of one (some vocabulary: racism, sexism, homophobia, disability, cyberbullying)</p> <p style="text-align: center;">Witness (bullying) and feelings</p>	<p style="text-align: center;">Power struggles (bullying)</p> <p>explain some of the ways in which one person or a group can have power over another know how it can feel to be excluded or treated badly by being different in some way</p>

			<p>know what it means to be a witness to bullying</p> <p>know some ways of helping to make someone who is bullied feel better (some vocabulary: cheese, gay, bystander)</p>	
Week 4	<p>Witness (bullying) and solutions</p> <p>know that witnesses can make the situation better or worse by what they do</p> <p>problem-solve a bullying situation with others (some vocabulary: taunting, gay, fat, idiot)</p>	<p>Problem-solving (bullying)</p> <p>tell you why witnesses sometimes join in with bullying and sometimes don't tell</p> <p>problem-solve a bullying situation with others</p>	<p>Types of bullying</p> <p>explain the difference between direct and indirect types of bullying</p> <p>know some ways to encourage children who use bullying behaviours to make other choices and know how to support children who are being bullied</p>	<p>Why bully?</p> <p>know some of the reasons why people use bullying behaviours</p> <p>tell you a range of strategies for managing my feelings in bullying situations and for problem-solving when I'm part of one (some vocabulary: disability, gay, loser)</p>
Week 5	<p>Words that harm</p> <p>recognise that some words are used in hurtful ways</p> <p>try hard not to use hurtful words (some vocabulary: fat, stupid, gay, dumb)</p>	<p>Special me</p> <p>identify what is special about me and to value the ways in which I am unique</p> <p>like and respect the unique features of my physical appearance</p>	<p>Does money matter?</p> <p>compare my life with people in the developing world</p> <p>appreciate the value of happiness regardless of material wealth</p>	<p>Celebrating difference: Paralympians</p> <p>give examples of people with disabilities who lead amazing lives</p> <p>appreciate people for who they are</p>
Week 6	<p>Celebrating difference: compliments</p> <p>tell you about a time when my words affected someone's feelings and what the consequences were</p> <p>give and receive compliments and know how this feels</p>	<p>Celebrating difference: how we look</p> <p>tell you a time when my first impression of someone changed when I got to know them</p> <p>explain why it is good to accept people for who they are</p>	<p>Celebrating difference: across the world</p> <p>I understand a different culture from my own</p> <p>respect my own and other people's cultures</p>	<p>Celebrating difference: conflict and celebration</p> <p>explain ways in which difference can be a source of conflict and a cause for celebration</p> <p>show empathy with people in either situation (some vocabulary: race, religion, sexuality, disability, gender)</p>
Week 7	<p>Road and travel safety</p> <p>identify ways to keep myself safe travelling</p>	<p>Train line safety</p> <p>I can identify things and places that I need to keep safe from and I know</p>	<p>Knife crime</p> <p>I know why some people might carry knives</p>	<p>Knife crime</p> <p>I know why some people might carry knives</p>

	<p>to and from school, including road safety value myself and my own opinions</p>	<p>some strategies for keeping myself safe, who to go to for help and how to call emergency services I can consider my choices about staying safe and express how being anxious or scared feels</p>	<p>I can make an informed decision about how to keep myself and other people safe when I am out by myself and with friends</p>	<p>I can make an informed decision about how to keep myself and other people safe when I am out by myself and with friends</p>
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PSHE Jigsaw – Dreams and Goals – Spring 1 Coverage

	Year 3	Year 4	Year 5	Year 6
Week 1	<p>Dreams and goals</p> <p>tell you about a person who has faced difficult challenges and achieved success respect and admire people who overcome obstacles and achieve their dreams and goals (e.g. through disability)</p>	<p>Hopes and dreams</p> <p>tell you about some of my hopes and dreams know how it feels to have hopes and dreams</p>	<p>When I grow up (my dream lifestyle)</p> <p>understand that I will need money to help me achieve some of my dreams identify what I would like my life to be like when I am grown up</p>	<p>Personal learning goals</p> <p>know my learning strengths and set challenging but realistic goals for myself (e.g. one in-school goal and one out-of-school goal) understand why it is important to stretch the boundaries of my current learning</p>
Week 2	<p>My dreams and ambitions</p> <p>identify a dream/ambition that is important to me imagine how I will feel when I achieve my dream/ambition</p>	<p>Broken dreams</p> <p>understand that sometimes hopes and dreams do not come true and that this can hurt know how disappointment feels and identify when I have felt that way</p>	<p>Investigate jobs and careers</p> <p>know about a range of jobs carried out by people I know and explore how much people earn in different jobs appreciate the contributions made by people in different jobs</p>	<p>Steps to success</p> <p>work out the learning steps I need to take to reach my goal and understand how to motivate myself to work on these set success criteria so that I will know whether I have reached my goal</p>
Week 3	<p>A new challenge</p> <p>enjoy facing new learning challenges and working out the best ways for me to achieve them break down a goal into a number of steps and know how others could help me to achieve it</p>	<p>Overcoming disappointment</p> <p>know that reflecting on positive and happy experiences can help me to counteract disappointment know how to cope with disappointment and help others cope with theirs</p>	<p>My dream job: why I want it and the steps to get there</p> <p>identify a job I would like to do when I grow up and understand what motivates me and what I need to do to achieve it appreciate the opportunities that learning and education are giving me and understand how this will help me to build my future</p>	<p>My dream for the world</p> <p>identify problems in the world that concern me and talk to other people about them recognise the emotions I experience when I consider people in the world who are suffering or living in difficult situations</p>

<p>Week 4</p>	<p>Our new challenge</p> <p>be motivated and enthusiastic about achieving our new challenge know that I am responsible for my own learning and that I can use my strengths as a learner to achieve the challenge</p>	<p>Creating new dreams</p> <p>know how to make a new plan and set new goals even if I have been disappointed know what it means to be resilient and to have a positive attitude</p>	<p>Dreams and goals of young people in other cultures</p> <p>describe the dreams and goals of young people in a culture different to mine reflect on how these relate to my own</p>	<p>Helping to make a difference</p> <p>work with other people to help make the world a better place empathise with people who are suffering or who are living in difficult situations</p>
<p>Week 5</p>	<p>Our new challenge: overcoming obstacles</p> <p>recognise obstacles which might hinder my achievement and take steps to overcome them manage the feelings of frustration that may arise when obstacles occur</p>	<p>Achieving goals</p> <p>know how to work out the steps to take to achieve a goal, and do this successfully as part of a group enjoy being part of a group challenge</p>	<p>How can we support each other?</p> <p>understand that communicating with someone in a different culture means we can learn from each other and identify a range of ways that we could support each other appreciate the similarities and differences in aspirations between myself and young people in a different culture</p>	<p>Helping to make a difference</p> <p>describe some ways in which I can work with other people to help make the world a better place identify why I am motivated to do this</p>
<p>Week 6</p>	<p>Celebrating my learning</p> <p>evaluate my own learning process and identify how it can be better next time be confident in sharing my success with others and store my feelings in my internal treasure chest</p>	<p>We did it! Celebrating others people's achievements</p> <p>identify the contributions made by myself and others to the group's achievement know how to share in the success of a group and how to store this success experience in my internal treasure chest</p>	<p>Rallying support</p> <p>encourage my peers to support young people here and abroad to meet their aspirations, and suggest ways we might do this, e.g. through sponsorship understand why I am motivated to make a positive contribution to supporting others</p>	<p>Recognising our achievements</p> <p>know what some people in my class like or admire about me and to accept their praise give praise and compliments to other people when I recognise their contributions and achievements</p>

PSHE Jigsaw – **Healthy Me** – Spring 2 Coverage

	Year 3	Year 4	Year 5	Year 6
Week 1	<p>Being fit and healthy</p> <p>understand how exercise affects my body and know why my heart and lungs are such important organs set myself a fitness challenge</p>	<p>My friends and me</p> <p>recognise how different friendship groups are formed, how I fit into them and the friends I value the most identify the feelings I have about my friends and my different friendship groups</p>	<p>Smoking</p> <p>know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart make an informed decision about whether or not I choose to smoke and know how to resist pressure</p>	<p>Taking responsibilities for my health and well-being</p> <p>take responsibility for my health and make choices that benefit my health and well-being be motivated to care for my physical and emotional health</p>
Week 2	<p>Being fit and healthy</p> <p>know that the amount of calories, fat and sugar I put into my body will affect my health know what it feels like to make a healthy choice</p>	<p>Group dynamics</p> <p>understand there are people who take on the roles of leaders or followers in a group, and to know the role I take on in different situations be aware of how different people and groups impact on me and to recognise the people I most want to be friends with</p>	<p>Alcohol</p> <p>know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure</p>	<p>Drugs</p> <p>know about different types of drugs and their uses and their effects on the body particularly the liver and heart be motivated to find ways to be happy and cope with life's situations without using drugs</p>
Week 3	<p>What do I know about drugs?</p> <p>tell you my knowledge and attitude towards drugs identify how I feel towards drugs</p>	<p>Smoking</p> <p>understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others</p>	<p>Emergency aid</p> <p>know and put into practice basic emergency aid procedures (including recovery position) and to know how to get help in emergency situations know how to keep myself calm in emergencies</p>	<p>Exploitation</p> <p>understand that some people can be exploited and made to do things that are against the law suggest ways that someone who is being exploited can help themselves</p>

<p>Week 4</p>	<p>Being safe</p> <p>identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help express how being anxious or scared feels</p>	<p>Alcohol</p> <p>understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others</p>	<p>Body image</p> <p>understand how the media, social media and celebrity culture promotes certain body types reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am</p>	<p>Gangs</p> <p>know why some people join gangs and the risks this involves know some strategies I could use to avoid being pressurised</p>
<p>Week 5</p>	<p>Safe or unsafe</p> <p>identify when something feels safe or unsafe take responsibility for keeping myself and others safe</p>	<p>Healthy friendships</p> <p>recognise when people are putting me under pressure and can explain ways to resist this when I want identify feelings of anxiety and fear associated with peer pressure</p>	<p>My relationship with food</p> <p>describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures respect and value my body</p>	<p>Emotional and mental health</p> <p>understand what it means to be emotionally well and explore people's attitudes towards mental health/illness know how to help myself feel emotionally healthy and recognise when I need help with this</p>
<p>Week 6</p>	<p>My amazing body</p> <p>understand how complex my body is and how important it is to take care of it respect my body and appreciate what it does for me</p>	<p>Celebrating my inner strength and assertiveness</p> <p>know myself well enough to have a clear picture of what I believe is right and wrong tap into my inner strength and know how to be assertive</p>	<p>Healthy me</p> <p>know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy be motivated to keep myself healthy and happy</p>	<p>Managing stress and pressure</p> <p>recognise stress and the triggers that cause this and understand how stress can cause drug and alcohol misuse use different strategies to manage stress and pressure</p>

PSHE Jigsaw – Relationships – Summer 1 Coverage

	Year 3	Year 4	Year 5	Year 6
Week 1	<p>Family roles and responsibilities</p> <p>identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females describe how taking some responsibility in my family makes me feel</p>	<p>Jealousy</p> <p>recognise situations which can cause jealousy in relationships identify feelings associated with jealousy and suggest strategies to problem-solve when this happens</p>	<p>Recognising me</p> <p>have an accurate picture of who I am as a person in terms of my characteristics and personal qualities know how to keep building my own self-esteem</p>	<p>What is mental health?</p> <p>know that it is important to take care of my mental health understand that people can get problems with their mental health and that it is nothing to be ashamed of</p>
Week 2	<p>Friendship</p> <p>identify and put into practice some of the skills of friendship know how to negotiate in conflict situations to try to find a win-win solution</p>	<p>Love and loss</p> <p>identify someone I love and express why they are special to me know how most people feel when they lose someone or something they love</p>	<p>Safety with online communities</p> <p>understand that belonging to an online community can have positive and negative consequences recognise when an online community feels unsafe or uncomfortable</p>	<p>My mental health</p> <p>know how to take care of my mental health help myself and others when worried about a mental health problem</p>
Week 3	<p>Keeping myself safe online</p> <p>know and use some strategies for keeping myself safe online know who to ask for help if I am worried or concerned about anything online</p>	<p>Memories</p> <p>tell you about someone I know that I no longer see understand that we can remember people even if we no longer see them</p>	<p>Being in an online community</p> <p>understand there are rights and responsibilities in an online community or social network recognise when an online community is helpful or unhelpful to me</p>	<p>Love and loss</p> <p>understand that there are different stages of grief and that there are different types of loss that cause people to grieve recognise when I am feeling those emotions and have strategies to manage them</p>
Week 4	<p>Being a global citizen 1</p> <p>explain how some of the actions and work of people around the world help and influence my life</p>	<p>Getting on and falling out</p> <p>recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</p>	<p>Online gaming</p> <p>know there are rights and responsibilities when playing a game online recognise when an online game is</p>	<p>Power and control</p> <p>recognise when people are trying to gain power or control demonstrate ways I could stand up for myself and my friends in situations where others</p>

	show an awareness of how this could affect my choices	know how to stand up for myself and how to negotiate and compromise	becoming unhelpful or unsafe	are trying to gain power or control
Week 5	<p>Being a global citizen 2</p> <p>understand how my needs and rights are shared by children around the world and to identify how our lives may be different empathise with children whose lives are different to mine and appreciate what I may learn from them</p>	<p>Celebrating my relationships with people and animals</p> <p>know how to show love and appreciation to the people and animals who are special to me know that I can love and be loved</p>	<p>My relationship with technology: screen time</p> <p>recognise when I am spending too much time using devices (screen time) identify things I can do to reduce screen time, so my health isn't affected</p>	<p>Being online: Real or fake? Safe or unsafe?</p> <p>judge whether something online is safe and helpful for me resist pressure to do something online that might hurt myself or others</p>
Week 6	<p>Celebrating my web of relationships</p> <p>know how to express my appreciation to my friends and family enjoy being part of a family and friendship groups</p>	<p>Keeping track of money</p> <p>identify different ways that I can pay for things and keep track of money recognise how and why people decide to spend their money</p>	<p>Relationships and technology</p> <p>explain how to stay safe when using technology to communicate with my friends recognise and resist pressures to use technology in ways that may be risky or may cause harm to myself or others</p>	<p>Using technology responsibly</p> <p>use technology positively and safely to communicate with my friends and family take responsibility for my own safety and well-being</p> <p>Girlfriends and boyfriends</p> <p>understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older understand that boyfriend/girlfriend relationships are personal and special, and there is no need to feel pressurised into having a boyfriend/ girlfriend</p>

PSHE Jigsaw – **Changing Me** – Summer 2 Coverage

	Year 3	Year 4	Year 5	Year 6
Week 1	<p>Growing up</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>Attitudes towards money</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>Healthy teeth and gums</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>Keeping safe near water</p> <p>know how to keep safe around water consider my responsibility to keep myself and others safe</p>
Week 2	<p>Behaving differently online</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>Keeping safe near water</p> <p>know how to keep safe around water consider my responsibility to keep myself and others safe</p>	<p>Keeping safe near water</p> <p>know how to keep safe around water consider my responsibility to keep myself and others safe</p>	<p>My self-image</p> <p>aware of my own self-image and how my body image fits into that know how to develop my own self-esteem challenge negative 'body-talk'</p>
Week 3	<p>Keeping safe near water</p> <p>know how to keep safe around water consider my responsibility to keep myself and others safe</p>	<p>Unique me</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>Being safe around fire and fireworks</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>Real self and ideal self</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</p>

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

				<p>FGM</p> <p>know that no-one should make changes to my body without my permission and that FGM is illegal in the UK</p> <p>identify who to ask for help and advice about myself or a friend, even if it is something that is hard to talk about</p>
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