

2026-27 PSHE Jigsaw – **Changing Me** – Summer 2 Coverage

	Year 3	Year 4	Year 5	Year 6
Week 1	Growing up 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	Attitudes towards money 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	Healthy teeth and gums 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	Keeping safe near water know how to keep safe around water consider my responsibility to keep myself and others safe
Week 2	Behaving differently online 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	Keeping safe near water know how to keep safe around water consider my responsibility to keep myself and others safe	Keeping safe near water know how to keep safe around water consider my responsibility to keep myself and others safe	My self-image aware of my own self-image and how my body image fits into that know how to develop my own self-esteem
Week 3	Keeping safe near water know how to keep safe around water consider my responsibility to keep myself and others safe	Unique me understand that some of my personal characteristics have come from my birth parents appreciate that I am a truly unique human being	Being safe around fire and fireworks 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	Real self and ideal self 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'

Week 4	Family stereotypes 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	Circles of change 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	Self-image and body image be aware of my own self-image and how my body image fits into that know how to develop my own self esteem	The year ahead 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
Week 5	Sun safety 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	Accepting change 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	Looking ahead 1 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	Puberty 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
Week 6	Looking ahead to next year 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	Looking ahead to next year 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	Looking ahead 2 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	Puberty 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

--	--	--	--	--