



Hollingworth Close. Mexborough. S64 OPQ
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Headteacher: Mrs
Donna Howard BA (*Hons*) NPQH

Dear Parent/Carers,

Your child's class are using a scheme of work called "Jigsaw" to meet the Statutory Relationships and Sex Education and Health Education guidance.

The final topic area of Jigsaw is, Changing Me. This topic area includes information about Relationships and Sex Education (RSE), which is sensitive and appropriately designed for their age group.

RSE is an important part of their statutory education, so every child will be given the opportunity to be involved. The attached information shows the topic areas intended to be taught through the summer term.

The majority of the sessions are statutory; however, some session content (in Year 4, 5 and 6) is taught at the discretion of the school. The school's PSHE policy, which includes RSE guidance can be found on the school website. Should you require further information about these sessions before they take place, please message your class teacher so Mr Hedar and Mrs Neesome can get in-touch with you. This will allow you to make an informed decision about your child's participation in the non-statutory session.

Yours sincerely,

Mr Hedar & Mrs Neesome



Year 1

| Weekly Celebration | Pieces | PSHE learning intention | Social and emotional development learning intention |
|--|---|---|--|
| Understand that everyone is unique and special | 1. Life cycles | I am starting to understand the life cycles of animals and humans | I understand that changes happen as we grow and that this is OK |
| Can express how they feel when change happens | 2. Changing Me | I can tell you some things about me that have changed and some things about me that have stayed the same | I know that changes are OK and that sometimes they will happen whether I want them to or not |
| Understand and respect the changes that they see in themselves | 3. My Changing Body | I can tell you how my body has changed since I was a baby | I understand that growing up is natural and that everybody grows at different rates |
| Understand and respect the changes that they see in other people | 4. Boys' and Girls' Bodies | I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina, vulva, anus | I respect my body and understand which parts are private |
| Know who to ask for help if they are worried about change | 5. Learning and Growing Puzzle Outcome: Piece 5 Flowers | I understand that every time I learn something new I change a little bit | I enjoy learning new things |
| Are looking forward to change | 6. Coping with Changes Assessment Opportunity ★ | I can tell you about changes that have happened in my life | I know some ways to cope with changes |

Year 2

| Weekly Celebration | Pieces | PSHE learning intention | Social and emotional development learning intention |
|--|--|--|---|
| Understand that everyone is unique and special | 1. Life Cycles in Nature | I can recognise cycles of life in nature | I understand there are some changes that are outside my control and can recognise how I feel about this |
| Can express how they feel when change happens | 2. Growing from Young to Old | I can tell you about the natural process of growing from young to old and understand that this is not in my control | I can identify people I respect who are older than me |
| Understand and respect the changes that they see in themselves | 3. The Changing Me | I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old | I feel proud about becoming more independent |
| Understand and respect the changes that they see in other people | 4. Boys' and Girls' Bodies | I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private | I can tell you what I like/don't like about being a boy/girl |
| Know who to ask for help if they are worried about change | 5. Assertiveness | I understand there are different types of touch and can tell you which ones I like and don't like | I am confident to say what I like and don't like and can ask for help |
| Are looking forward to change | 6. Looking Ahead Assessment Opportunity ★ | 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 when I am in Year 3 and know how to go about this |

Year 3

| Weekly Celebration | Pieces | PSHE learning intention | Social and emotional development learning intention |
|--|--|--|---|
| Understand that everyone is unique and special | 1. How Babies Grow | I understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby | I can express how I feel when I see babies or baby animals |
| Can express how they feel when change happens | 2. Babies | I understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow | I can express how I might feel if I had a new baby in my family |
| Understand and respect the changes that they see in themselves | 3. Outside Body Changes | I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies I can identify how boys' and girls' bodies change on the outside during this growing up process | I recognise how I feel about these changes happening to me and know how to cope with those feelings |
| Understand and respect the changes that they see in other people | 4. Inside Body Changes | I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up | I recognise how I feel about these changes happening to me and know how to cope with these feelings |
| Know who to ask for help if they are worried about change | 5. Family Stereotypes | I can start to recognise stereotypical ideas I might have about parenting and family roles | I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes |
| Are looking forward to change | 6. Looking Ahead Assessment Opportunity ★ Puzzle Outcome: Ribbon Mobiles | 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 |

Year 4

| Weekly Celebration | Pieces | PSHE learning intention | Social and emotional development learning intention |
|--|---|--|---|
| Understand that everyone is unique and special | 1. Unique Me | I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm | I appreciate that I am a truly unique human being |
| Can express how they feel when change happens | 2. Having a Baby | 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 |
| Understand and respect the changes that they see in themselves | 3. Girls and Puberty | I can 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 | I have strategies to help me cope with the physical and emotional changes I will experience during puberty |
| Understand and respect the changes that they see in other people | 4. Circles of Change Puzzle Outcome: Circles of Change | I know how the circle of change works and can apply it to changes I want to make in my life | I am confident enough to try to make changes when I think they will benefit me |
| Know who to ask for help if they are worried about change | 5. Accepting Change | I can identify changes that have been and may continue to be outside of my control that I learnt to accept | I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively |
| Are looking forward to change | 6. Looking Ahead Assessment Opportunity ★ | I can identify what I am looking forward to when I move to a new class | I can reflect on the changes I would like to make next year and can describe how to go about this |

Year 5

| Weekly Celebration | Pieces | PSHE learning intention | Social and emotional development learning intention |
|--|--|--|--|
| Understand that everyone is unique and special | 1. Self and Body Image | 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 |
| Can express how they feel when change happens | 2. Puberty for Girls | I can explain how a girl's 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 |
| Understand and respect the changes that they see in themselves | 3. Puberty for boys | 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 |
| Understand and respect the changes that they see in other people | 4. Conception | 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 |
| Know who to ask for help if they are worried about change | 5. Looking Ahead 1 Puzzle Outcome: Change Cards | 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 that growing up will bring |
| Are looking forward to change | 6. Looking Ahead 2 | 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. |

Year 6

| Weekly Celebration | Pieces | PSHE learning intention | Social and emotional development learning intention |
|--|--|--|--|
| Understand that everyone is unique and special | 1. My Self Image | 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 |
| Can express how they feel when change happens | 2. Puberty | 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 |
| Understand and respect the changes that they see in themselves | 3. Babies: Conception to Birth Assessment Opportunity ★ | 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 |
| Understand and respect the changes that they see in other people | 4. Boyfriends and Girlfriends | 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 |
| Know who to ask for help if they are worried about change | 5. Real self and ideal self | I am aware of the importance of a positive 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' |
| Are looking forward to change | 6. The Year Ahead | 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. |