Jigsaw PSHE Changing Me – **Year 4**

In this puzzle, the children learn that it is usually the female that carries the baby in nature. This leads onto lessons where puberty is introduced. Children first look at the outside body changes in males and females. They learn that puberty is a natural part of growing up and that it is a process for getting their bodies ready to make a baby when grown- up. Inside body changes are also taught. Children learn that females have eggs (ova) in their ovaries and these are released monthly. If unfertilised, it passes out of the body as a period (menstruation). Sanitary health is taught, including introducing pupils to different sanitary and personal hygiene products. Children discuss how they feel about puberty and growing up and there are opportunities for them to seek reassurance if anything is worrying them. The unit (Puzzle) ends by looking at the feelings associated with change and how to manage these. Children are introduced to Jigsaw’s Circle of change model as a strategy for managing future changes.

**Key Vocabulary:** Changes, Birth, Animals, Babies, Mother, Growing up, Baby, Uterus, Womb, Nutrients, Survive, Love, Affection, Care, Puberty, Control, Male, Female, Testicles, Sperm, Penis, Ovaries, Egg, Ovum /ova, Womb /uterus, Vagina, Public, Private, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions, Acceptance, Looking forward, Stereotypes, Roles, Challenge, Looking forward, Excited, Nervous, Anxious, Happy.

NB Sexual intercourse and the birth of a baby is not covered in this year group.

The vocabulary used in PSHE this during the ‘Changing Me unit’ in the Summer term.

