Changing Me

Puzzle Map – Reception

Weekly Celebration	Pieces	Learning Intentions
Understand that everyone is unique and special	My Body	I can name parts of the body
Can express how they feel when change happens	Respecting My Body	I can tell you some things I can do and foods I can eat to be healthy
Understand and respect the changes that they see in themselves	Growing Up	I understand that we all grow from babies to adults
Understand and respect the changes that they see in other people	Fun and Fears Part 1	I can express how I feel about moving to Year 1
Know who to ask for help if they are worried about change	Fun and Fears Part 2	I can talk about my worries and/or the things I am looking forward to about being in Year 1
Are looking forward to change	Celebration	I can share my memories of the best bits of this year in Reception

Changing me

Puzzle Map – Year 1

Weekly Celebration	Pieces	PSHE Learning Intentions	Social and Emotional Development Learning Intentions
Understand that everyone is unique and special	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	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	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	Boys' and Girls' Bodies	I can identify that boys and girls have different private parts	I respect my body and understand which parts are private
Know who to ask for help if they are worried about change	Learning and Growing	I understand that every time I learn something new I change a little bit	I enjoy learning new things
Are looking forward to change	Coping with Change	I can tell you about changes that have happened in my life	I know some ways to cope with changes

Changing me

Puzzle Map – Year 2

Weekly Celebration	Pieces	PSHE Learning Intentions	Social and Emotional Development Learning Intentions
Understand that everyone is unique and special	Life Cycles in Nature	I can recognise cycle 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	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	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	Boys' and Girls' Bodies	I can recognise the physical differences between boys and girls, use the correct names for parts of the body 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 **Vocabulary:penis, anus, testicles, vagina**
Know who to ask for help if they are worried about change	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 can ask for help
Are looking forward to change	Looking Ahead	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

Changing me

Puzzle Map – Year 3

Weekly Celebration	Pieces	PSHE Learning Intentions	Social and Emotional Development Learning Intentions
Understand that everyone is unique and special	How Babies Grow	I understand that in animals and humans lots of changes happen between being a baby 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	Babies	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	Outside Body Changes	I understand that boys' and girls' bodies will change as they grow I can identify how boys' and girls' bodies change and their differences	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	Changes to Feelings	I can identify how boys' and girls' emotions can change as they grow	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	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 idea sometimes
Are looking forward to change	Looking Ahead	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 4 and know how to go about this

Changing me

Puzzle Map – Year 4

Weekly Celebration	Pieces	PSHE Learning Intentions	Social and Emotional Development Learning Intentions
Understand that everyone is unique and special	Unique Me	I understand that some of my personal characteristics have come from my birth parents	I appreciate that I am a truly unique human being
Can express how they feel when change happens	Our Body Parts	I can correctly label the internal and external parts of male and female bodies	I understand the difference between a boy and a girl **Vocabulary-** penis, scrotum, testicles, vagina, anus, uterus
Understand and respect the changes that they see in themselves	Growing Up	I know that my body will grow and change as I get older	I have strategies to help me cope with the physical and emotional changes that will start to happen
Understand and respect the changes that they see in other people	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	Accepting Change	I can identify changes that have been and may continue to be outside of my control that 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	Looking Ahead	I can identify what I am looking forward to when I move to my new class	I can reflect on the changes I would like to make next year and can describe how to go about this

Changing me

Puzzle Map – Year 5

Weekly Celebration	Pieces	PSHE Learning Intentions	Social and Emotional Development Learning Intentions
Understand that everyone is unique and special	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	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 menstruation is a natural part of this process	I understand that puberty is a natural process that happens to everybody and that it will be ok for me **Vocabulary:** menstruation, periods, sanitary pads, tampons, ovaries, uterus
Understand and respect the changes that they see in themselves	Puberty for Boys	I can describe how boys' bodies change as they grow	I can express how I feel about the changes that will happen to me during puberty **Vocabulary:** sperm, semen, testicles, voice, hair, hormones, testosterone
Understand and respect the changes that they see in other people	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 hat human bodies can reproduce in these ways
Know who to ask for help if they are worried about change	Looking Ahead 1	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities	I am confident that I can cope with the changes that growing up will bring
Are looking forward to change	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

Changing me

Puzzle Map – Year 6

Weekly Celebration	Pieces	PSHE Learning Intentions	Social and Emotional Development Learning Intentions
Understand that everyone is unique and special	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	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 are happening to me during puberty
Understand and respect the changes that they see in themselves	Babies: Conception to Birth	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 can talk about how human bodies reproduce in these ways **Vocabulary:** contractions, cervix, uterus, placenta, belly button, pregnancy
Understand and respect the changes that they see in other people	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	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	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