

Year 1 Changing me Puzzle:

<u>Piece</u>	<u>PSHE Learning intention</u>	<u>Social and emotional development learning intention</u>
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
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
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
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: male, female, vagina & penis	I respect my body and understand which parts are private
5. Learning and growing	I understand that every time I learn something new I change a little bit	I enjoy learning new things
6. Coping with changes	I can tell you about changes that have happened in my life	I know some ways to cope with changes

Year 2 Changing me Puzzle:

<u>Piece</u>	<u>PSHE Learning intention</u>	<u>Social and emotional development learning intention</u>
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
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
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
4. Boys' and girls' bodies	I can recognise the physical differences between boys and girls, use the correct names for parts of the body (male, female, vagina & penis) 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
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
6. Looking ahead	I can identify what I am looking forward to when I move to my next class	I know some ways to cope with changes

Year 3 Changing me Puzzle:

<u>Piece</u>	<u>PSHE Learning intention</u>	<u>Social and emotional development learning intention</u>
1. How babies grow	I understand that in animals and human's lots of changes happen between conception and growing up,	I can express how I feel when I see babies or baby animals

	and that usually it is the female who has the baby	
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
6. 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 next year and know how to go about this

Where the curriculum has been amended the children will have three lessons covering: friendships, new year groups, transitions, worries, hopes and changes.

Year 4 Changing me Puzzle:

<u>Piece</u>	<u>PSHE Learning intention</u>	<u>Social and emotional development learning intention</u>
4. 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
5. Accepting change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept (school, classes, friends...)	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
6. Looking ahead	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

Where the curriculum has been amended the children will have three lessons covering: friendships, new year groups, transitions, worries, hopes and changes.

Year 5 Changing me Puzzle:

<u>Piece</u>	<u>PSHE Learning intention</u>	<u>Social and emotional development learning intention</u>
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
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

3. Personal hygiene	I can describe what hygiene is and I can explore how to take care of my own personal hygiene	I understand that personal hygiene is a responsibility that I need to learn to look after
4. Circles of change/ Positive affirmations	I know how the circle of change works and can apply it to changes I want to make in my life I can use positive affirmations to support my personal growth and coping with change	I am confident enough to try to make changes when I think they will benefit me I am confident enough to use affirmations to support my mental health and create a growth mind-set
5. Accepting change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept (school, classes, friends...)	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
6. Looking ahead	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 6 Changing me Puzzle:

<u>Piece</u>	<u>PSHE Learning intention</u>	<u>Social and emotional development learning intention</u>
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
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
3. Babies: Conception to birth	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
4. Personal hygiene	I can describe what hygiene is and I can explore how to take care of my own personal hygiene	I understand that personal hygiene is a responsibility that I need to learn to look after
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
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