



'Changing Me' Unit: Puzzle Map – Year 4

Puzzle Piece	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
1.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.
2.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.
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.
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.	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.





Knowledge	Social and Emotional Skills	Questions for Family Learning
<ul style="list-style-type: none"> • Know that personal characteristics are inherited from birth parents. • Know how the female and male body change at puberty • Know that personal hygiene is important during puberty and as an adult • Know that change is a normal part of life and that some cannot be controlled and have to be accepted • Know that change can bring about a range of different emotions 	<ul style="list-style-type: none"> • Can appreciate that changes will happen and that some can be controlled and others not • Can appreciate their own uniqueness and that of others • Can express any concerns they have about puberty • Can say who they can talk to about puberty if they are worried • Can apply the circle of change model to themselves to have strategies for managing change • Have strategies for managing the emotions relating to change 	<ul style="list-style-type: none"> • Which of your characteristics did you get from your birth parents? • Do you have any questions about the changes that happen to a girl when they grow up? • Can we talk about some of the changes that are going to happen to you as you grow up? How do you feel about these changes? • Do you have any questions about the changes that are going to happen to you as you grow up? • How do you feel about the changes that will happen to you as you grow up?

Overview

In this Puzzle bodily changes at puberty are revisited with some additional vocabulary, particularly around menstruation. Sanitary health is taught, including introducing pupils to different sanitary and personal hygiene products. This (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:

Personal, Unique, Characteristics, Parents, Penis, Testicles, Vagina, Vulva, Womb/Uterus, Ovaries, Puberty, Menstruation, Periods, Circle, Seasons, Change, Control, Emotions, Acceptance, Looking forward, Excited, Nervous, Anxious, Happy.