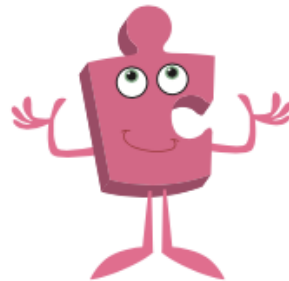




## 'Changing Me' Unit: Puzzle Map – Year 2

Puzzle Piece	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
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 (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.
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 can start to think about changes I will make when I am in Year 3 and know how to go about this.





Knowledge	Social and Emotional Skills	Questions for Family Learning
<ul style="list-style-type: none"> <li>• Know that lifecycles exist in nature</li> <li>• Know that aging is a natural process including old age</li> <li>• Know that some changes are out of an individual's control</li> <li>• Know how their bodies have changed from when they were a baby and that they will continue to change as they age</li> <li>• Know the physical differences between male and female bodies</li> <li>• Know the correct names for private body parts</li> <li>• Know that private body parts are special and that no one has the right to hurt these</li> <li>• Know who to ask for help if they are worried or frightened</li> <li>• Know there are different types of touch and that some are acceptable, and some are unacceptable</li> </ul>	<ul style="list-style-type: none"> <li>• Can appreciate that changes will happen and that some can be controlled and others not</li> <li>• Be able to express how they feel about changes</li> <li>• Show appreciation for people who are older</li> <li>• Can recognise the independence and responsibilities they have now compared to being a baby or toddler</li> <li>• Can say what greater responsibilities and freedoms they may have in the future</li> <li>• Can say who they would go to for help if worried or scared</li> <li>• Can say what types of touch they find comfortable/ uncomfortable</li> <li>• Be able to confidently ask someone to stop if they are being hurt or frightened</li> <li>• Can say what they are looking forward to in the next year</li> </ul>	<ul style="list-style-type: none"> <li>• What is a lifecycle?</li> <li>• How have you changed since you were a baby?</li> <li>• How will you change over the next year / 5 years / 20 years?</li> <li>• What changes can you /can't you control?</li> <li>• Which parts are your private parts?</li> <li>• Who is allowed to see them?</li> <li>• What would you do if someone was touching you and you didn't like it?</li> <li>• Who can you talk to if you ever feel worried or frightened? (at school / at home)</li> <li>• What is your favourite part of Jigsaw lessons?</li> </ul>

**Overview**

In this Puzzle children look at different life cycles in nature including that of humans. They reflect on the changes that occur (not including puberty) between baby, toddler, child, teenager, adult and old age. Within this, children also discuss how independence, freedoms and responsibility can increase with age. As part of a school's safeguarding duty, pupils are re-taught the correct words for private parts of the body (those kept private by underwear: vagina, anus, penis, testicle, vulva). They are also reminded that nobody has the right to hurt these parts of the body, including a lesson on inappropriate touch and assertiveness. Children practise a range of strategies for managing feelings and emotions. They are also taught where they can get help if worried or frightened. Change is taught as a natural and normal part of growing up and the range of emotions that can occur with change are explored and discussed.

**Key Vocabulary:**

Change, Grow, Control, Life cycle, Baby, Adult, Fully grown, Growing up, Old, Young, Change, Respect, Appearance, Physical, Baby, Toddler, Child, Teenager, Independent, Timeline, Freedom, Responsibilities, Male, Female, Vagina, Penis, Testicles, Vulva, Anus, Public, Private, Touch, Texture, Cuddle, Hug, Squeeze, Like, Dislike, Acceptable, Unacceptable, Comfortable, Uncomfortable, Looking forward, Excited, Nervous, Anxious, Happy.