

Prior Learning (Skills)

- Can express how they feel about babies
- Can describe the emotions that a new baby can bring to a family
- Can express how they feel about puberty
- Can say who they can talk to about puberty if they have any worries
- Can identify stereotypical family roles and challenge these ideas e.g. it may not always be Mum who does the laundry
- Can identify changes they are looking forward to in the next year
- Can suggest ways to help them manage feelings during changes they are more anxious about

•Prior Learning (Knowledge)

- Know that in animals and humans lots of changes happen between conception and growing up
- Know that in nature it is usually the female that carries the baby
- Know that in humans a mother carries the baby in her uterus (womb) and this is where it develops
- Know that babies need love and care from their parents/carers
- Know some of the changes that happen between being a baby and a child
- Know that the male and female body needs to change at puberty so their bodies can make babies when they are adults
- Know some of the outside body changes that happen during puberty
- Know some of the changes on the inside that happen during puberty

Key Skills

- Can appreciate their own uniqueness and that of others
- Can express how they feel about having children when they are grown up
- 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



Year 4 – PSHE Changing Me



The Jigsaw! Charter

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive
- We respect each other's privacy (confidentiality)

Jigsaw! Journal

Mindfulness

Jerrie Cat's 'paws'

Key knowledge

- Know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm
- Know that babies are made by a sperm joining with an ovum
- Know the names of the different internal and external body parts that are needed to make a baby
- 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

Vocabulary

personal	relating to a person's body
unique	being the only one of its kind; unlike anything else.
parents	a person's father or mother
sperm/ semen	the male reproductive fluid
egg/ovum	the female reproductive cell which can divide to give rise to an embryo usually only after fertilization by a male cell.
penis	the male genital organ
testicles	either of the two oval organs that produce sperm in men and other male mammals, enclosed in the scrotum behind the penis.
vagina	the muscular tube leading from the external genitals to the cervix of the uterus in women and most female mammals.
vulva	the female external genitals.
womb/uterus	the organ in the lower body of a woman or female mammal where offspring are conceived
characteristics	a feature or quality belonging typically to a person, place, or thing and serving to identify them.
ovaries	a female reproductive organ in which ova or eggs are produced
sexual intercourse/ making love/ having sex	sexual contact between individuals
fertilise	cause an egg to develop a new individual by introducing male reproductive material
conception	the action of conceiving a child
puberty	the period during which adolescents reach sexual maturity and become capable of reproduction
Menstruation /periods	the process in a woman of discharging blood and other material from the lining of the uterus
acceptance	he action of consenting to receive or undertake something offered
emotions	a strong feeling deriving from one's circumstances, mood, or relationships with others