



Changing Me

EYFS

The School has chosen to use Jigsaw as its Personal, Social and Health Education program.



What is Jigsaw?



The mindful approach to PSHE

A whole-school PSHE programme comprising:

- A comprehensive and completely original scheme of work for ages 3 to 16
- PSHE (Personal, Social, and Health Education) Includes statutory Relationships and Health Education
- A detailed weekly lesson plan for all year groups, including all teaching resources
- The Jigsaw Approach, underpinned by mindfulness
- Assemblies, Jigsaw Friends, Jigsaw Chimes, original music and songs

Whole-school approach from 3-16



Being Me in My World

Celebrating Difference

Dreams and Goals

Healthy Me

Relationships

Changing Me



- Relationships
- Values
- Mental health
- Self-esteem
- Social skills
- Safeguarding inc. Internet safety
(Golden Threads)

Relationships, Puberty and Reproduction in Jigsaw 3-11



Relationships

Families

Friendships

Love and Loss

Memories

Grief cycle

Safeguarding and keeping safe

Attraction

Assertiveness

Conflict

Own strengths and self-esteem

Cyber safety and social networking

Roles and responsibilities in families

Stereotypes

Communities



Changing Me

* **Life cycles**

* **How babies are made**

* **My changing body**

* **Puberty**

Growing from young to old / Becoming a teenager

Assertiveness

Self-respect

Safeguarding

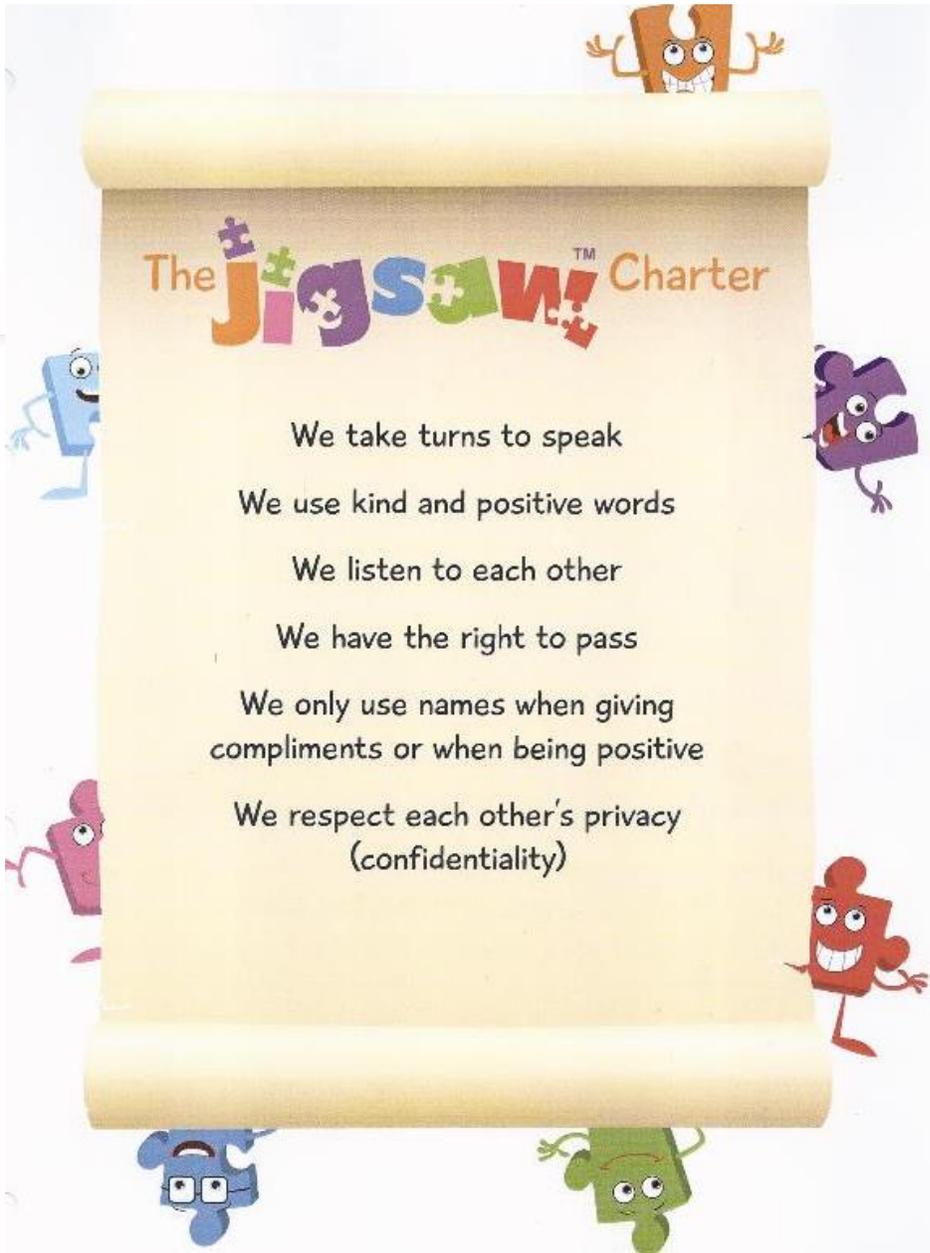
Family stereotypes

Self and body image

Attraction

Change / Accepting change

Looking ahead / Moving/transition to secondary



Puberty and Human Reproduction in Jigsaw 3-11

FS	Growing Up	How we have changed since we were babies
Y1	My changing body	Understanding that growing and changing is natural and happens to everybody at different rates
	Boys' and girls' bodies	Appreciating the parts of the body that make us different and using the correct names for them
Y2	The changing me	Where am I on the journey from young to old, and what changes can I be proud of?
	Boys and girls	Differences between boys and girls – how do we feel about them? Which parts of me are private?
Y3	Outside body changes	How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them
	Inside body changes	How our bodies need to change so they can make babies when we grow up – inside changes and how we feel about them (animations used – shorter version Female and Male Reproductive Systems)

YOUR RIGHT TO WITHDRAW

- Parents' rights to withdraw a child from SRE
- Section 405 of the Education Act 1996 enables parents to withdraw their children from sex education other than the sex education that is in the National Curriculum (such as the biological aspects of human growth and reproduction that are essential elements of National Curriculum Science).
- This will not be the case from September 2021 where most objectives become statutory.

Puzzle 6: Changing Me - Foundation 2 - Ages 4-5

Piece 1 - My Body

Learning Intention/s: I can name parts of the body.



Puzzle 6: Changing Me - Foundation 2 - Ages 4-5

Piece 3 - Growing Up

Learning Intention/s: I understand that we all grow from babies to adults.

Puzzle 6: Changing Me - Foundation 2 - Ages 4-5

Piece 5 - Fun and Fears Part 2

Learning Intention/s: I can talk about how I feel about my worries and/or the things I am looking forward to about being in Year 1.

Puzzle 6: Changing Me - Foundation 2 - Ages 4-5

Piece 2 - Respecting My Body

Learning Intention/s: I can tell you some of the things I can do and foods I can eat to be healthy.

Puzzle 6: Changing Me - Foundation 2 - Ages 4-5

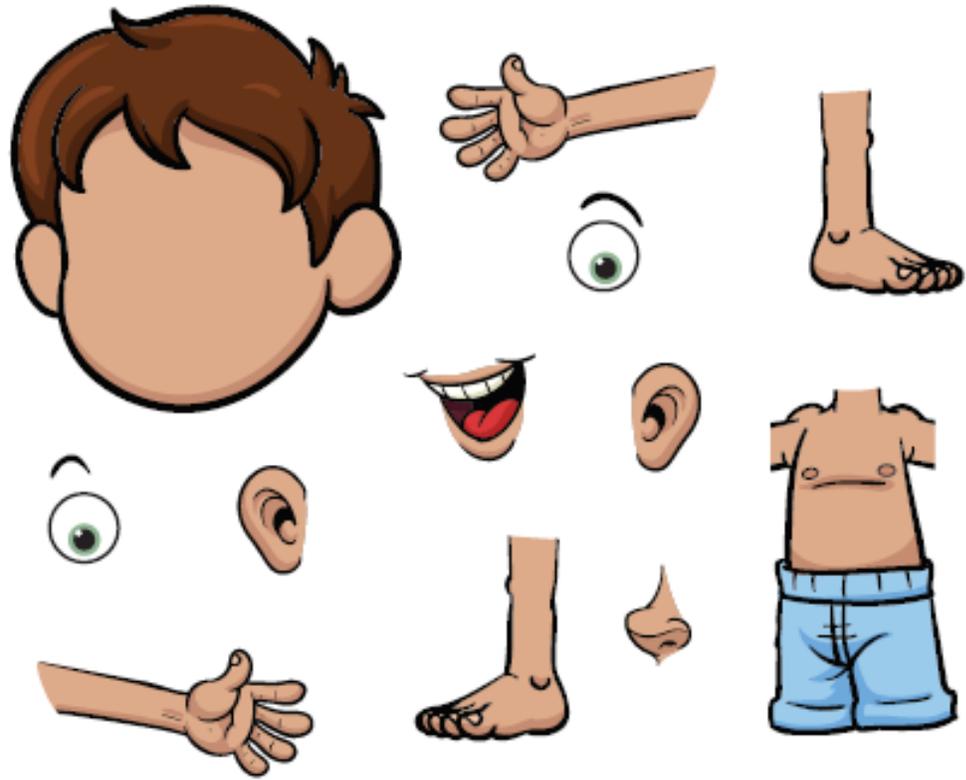
Piece 4 - Fun and Fears Part 1

Learning Intention/s: I can express how I feel about moving to Year 1.

Piece 6 - Celebration

Learning Intention/s: I can share my memories of the best bits of this year in Reception.





eye	ear	knee	finger
foot	mouth	nose	stomach
eyebrow	arm	tongue	toe
forehead	chest	hand	leg



1. Very few do parents do withdraw their children nationally – as they don't want their children to get the information second hand in the playground.
2. Research says high quality RSE results in young people being older when they have first sexual intercourse, have less partners and more improved use of safer sex (contraception).
3. Also with the introduction of these objectives being statutory from September 2021 the children may have missed vital information from being removed from lessons when they were younger.