

Year 1 – Changing me (Jigsaw)

Weekly Celebration	Pieces and Vocabulary	PSHE learning intention	Social and emotional development learning intention	Resources
Understand that everyone is unique and special	1. Life cycles <ul style="list-style-type: none"> • <i>Changes</i> • <i>Life cycle</i> • <i>Baby</i> • <i>Adulthood</i> 	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	Resources (Jigsaw songs, Jigsaw Chime, Jigsaw Jack and Jigsaw Cat) Find your pair cards Teacher's photos: series of photos from baby to adult, YouTube clip of frog's lifecycle Life cycle cards
Can express how they feel when change happens	2. Changing Me <ul style="list-style-type: none"> • <i>Change</i> • <i>Life cycle</i> • <i>Baby Adult</i> • <i>Grown up</i> 	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	Life cycle cards
Understand and respect the changes that they see in themselves	3. My Changing Body <ul style="list-style-type: none"> • <i>Baby</i> • <i>Growing up</i> • <i>Adult</i> • <i>Change</i> 	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	Baby photo of the teacher Baby photos brought in by the children
Understand and respect the changes that they see in other people	4. Boys' and Girls' Bodies <ul style="list-style-type: none"> • <i>Male</i> • <i>Female</i> • <i>Penis</i> • <i>Vagina</i> • <i>Private</i> 	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, vagina	I respect my body and understand which parts are private	The pants rule NSPCC
Know who to ask for help if they are worried about change	5. Learning and Growing	I understand that every time I learn something new I change a little bit	I enjoy learning new things	Picture cards, Flower shape, Flower templates

	Puzzle Outcome: Piece 5 Flowers <ul style="list-style-type: none"> • <i>Learn</i> • <i>New</i> • <i>Grow</i> • <i>Change</i> 			
Are looking forward to change	6. Coping with Changes Assessment Opportunity <ul style="list-style-type: none"> • <i>Change</i> • <i>Feelings</i> • <i>Anxious</i> • <i>Worried</i> • <i>Excited</i> • <i>Coping</i> 	I can tell you about changes that have happened in my life	<i>I know some ways to cope with changes</i>	Bag of items for Changes Game e.g. baby item, a piece of school uniform, holiday item, name of next teacher etc.