



Jigsaw knowledge and skills progression: Changing Me Ages 3-11(12)

Jigsaw, the mindful approach to PSHE is a progressive and spiral scheme of learning. In planning the lessons, Jigsaw PSHE ensures that learning from previous years is revisited and extended, adding new concepts, knowledge and skills, year on year as appropriate. The table below draws out the spiral knowledge and skills progression within the Changing Me Puzzle (unit of work) including the key vocabulary used in each year group and suggestions for Family Learning.

CM	Knowledge	Social and Emotional Skills	Questions for Family Learning
Year 3	<ul style="list-style-type: none"> Know that in animals and humans lots of changes happen between conception and growing up Know some of the changes that happen between being a baby and a child Recognise the physical differences between boys and girls Use the correct names for body parts Know that the male and female body changes during puberty Know some of the outside body changes that happen during puberty Know that some body parts are private 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Can you tell me about some of the changes that happen to a puppy / kitten / baby as 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?
<p>In this unit the children learn about the differences between boys' and girls' bodies and learn the correct names for parts of the body. They learn that humans and animals change as they grow up which leads onto lessons where puberty is introduced. Children look at the outside body changes in males and females. They learn that puberty is a natural part of growing up. Children begin to think about stereotypes in the family unit and are encouraged to challenge these stereotypes. They discuss how they feel about puberty and growing up and there are opportunities for them to seek reassurance if anything is worrying them.</p>			
<p>Key Vocabulary Changes, Birth, Animals, Babies, Mother, Growing up, Baby, Toddler, Child, Teenager, Adult, Independent, Grow, Nutrients, Survive, Love, Affection, Care, Puberty, Control, Male, Female, Testicles, Penis, Vulva, Anus, Vagina, Stereotypes, Task, Roles, Challenge, Looking forward, Excited, Nervous, Anxious, Happy, Public, Private,.</p>			