

Jigsaw's 'Changing Me' unit is taught over a period of 6 weeks, usually in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage, building on previous years' learning. Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arise and the teacher feels it would be inappropriate to answer, the child will be encouraged to talk to his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

The Changing Me Puzzle is all about coping positively with change and includes:	
Nursery Age 3-4	• Growing up • How we have changed since being a baby
Reception Age 4-5	• Bodies • Respecting our bodies • Positive and negative feelings
Year 1 Age 5-6	• Boys' and girls' bodies • Correct names for body parts
Year 2 Age 6-7	• Boys' and girls' bodies • Body parts and respecting privacy (which parts of the body are private and why this is)
Year 3 Age 7-8	• How babies grow and how boys' and girls' bodies change as they grow older • Introduction to puberty and menstruation
Year 4 Age 8-9	• Internal and external reproductive body parts • Recap about puberty and menstruation • Conception explained in simple terms
Year 5 Age 9-10	• Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent • Conception explained in simple biological terms
Year 6 Age 10-11	• Puberty for boys and girls revisited • Understanding conception to the birth of a baby • Becoming a teenager
All lessons are taught using correct terminology, child-friendly language and diagrams.	