



Term	Puzzle (Unit)	Content
Autumn 1:	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
Summer 2:	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change

Sex Education

Age Range	Jigsaw Programme and Curriculum Coverage
3-5	F1 & F2 Puzzle 6: Changing Me How we have changed since babies
5-7 (Y1-2)	Y1 & Y2 Puzzle 6: Changing Me Understand and recognise life cycles of animals and humans Tell some things about me that have changed and some things about me that have stayed the same Tell about the natural process of growing from young to old and understand that this is not in my control Tell how my body has changed since I was a baby and where I am on the continuum from young to old Recognise the physical differences between girls and boys and use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private Understand there are different types of touch and can tell you which ones I like and don't like Understand that every time I learn something new I change a little bit Tell about changes that have happened in my life Identify what I am looking forward to when I am in Year 3 (Year 2)

Age Range	Jigsaw Programme and Curriculum Coverage
<p>7-9 (Y3-4)</p>	<p>Y3 and Y4 Puzzle 6: Changing Me Understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby Understand how babies grow and develop in the mother’s uterus Understand that some of my personal characteristic have come from my birth parents and that this happens because I am made from the joining of their egg and sperm Understand what a baby needs to live and grow Correctly label the internal and external parts of male and female bodies that are necessary for making a baby Understand that boys’ and girls’ bodies need to change so that when they grow up their bodies can make babies Identify how boys’ and girls’ bodies change on the outside during this growing up process Identify how boys’ and girls’ bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they start to grow up Describe how a girl’s body changes in order for her to be able to have babies when she is an adult and that menstruation (having periods) is a natural part of this Know how the circle of change works and can apply it to changes I want to make in my life Identify changes that have been and may continue to be outside of my control that I learnt to accept Start to recognise stereotypical ideas I might have about parenting and family roles Identify what I am looking forward to when I am in Year 4/5 (Year 3/4)</p>
<p>9-11 (Y5-6)</p>	<p>Y5 and Y6 Puzzle 6: Changing Me Be aware of my own self-image and how my body image fits into that Explain how a girl’s body changes during puberty and understand the importance of looking after yourself physically and emotionally Describe how girls’ and boys’ bodies change during puberty and understand the importance of looking after yourself physically and emotionally Be able to ask questions I need answered about changes during puberty Understand that sexual intercourse can lead to conception and that is how babies are usually made Describe how a baby develops from conception through the nine months of pregnancy, and how it is born Understand that sometimes people need IVF to help them have a baby Understand how being physically attracted to someone changes the nature of the relationship Identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent) Identify what I am looking forward to when I am in Year 6 (Y5) Identify what I am looking forward to and what worries me about the transition to secondary school (Year 6)</p>