

## Year 5

### Jigsaw - Changing Me

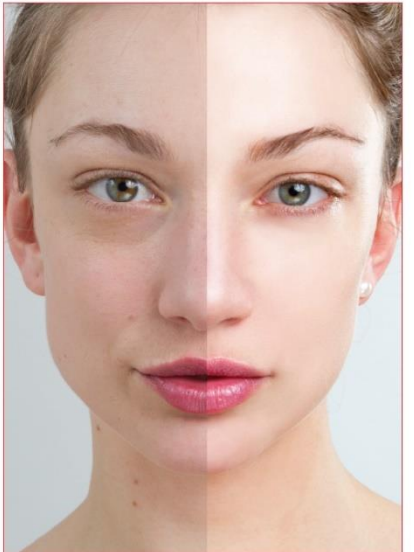
\*1 Any information that explains sexual reproduction has been removed from the lesson. The pupils will cover this as part of the science curriculum.

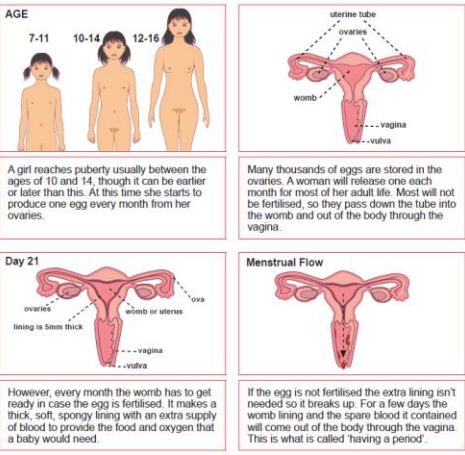
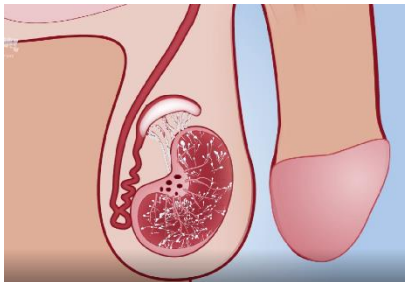
The word 'fertilisation' is used in the context of menstruation – 'If the egg is not fertilised, the extra lining isn't needed so it breaks up.' Any questions about how the egg is fertilised are answered with, 'That is something we will be learning about in science.'

The word 'virgin' is used in the context of menstruation worries – 'If I use tampons, am I still a virgin?' Teachers will explain the term as someone who has not had sexual intercourse, which we will learn about as part of our sexual reproduction in mammals lesson.

\*2 Any information that explains sexual reproduction has been removed from the lesson. The pupils will cover this as part of the science curriculum.

\*3 This lesson will not be taught as part of the PSHE curriculum. The science module 'Living things and their habitats' covers the learning objective, 'to describe the life process of reproduction in animals'. To meet this learning objective, pupils will learn about sexual reproduction in humans in their science lessons.

Pieces	PSHE learning intention	Social and emotional development learning intention	Key vocabulary	Example Resource
1. Self and body image	I am aware of my own self-image and how my body image fits into that.	I know how to develop my own self esteem.	Self Self-image Body image Self-esteem Perception Characteristics Aspects Affirmation	<p>Airbrushed Image PowerPoint Slide 1 - Ages 9-10 - Piece 1</p>  <p>© Jigsaw PSHE Ltd</p>

<p>2. Puberty for girls *1 Parts of the lesson removed</p>	<p>I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally.</p>	<p>I understand that puberty is a natural process that happens to everybody and that it will be ok for me.</p>	<p>Puberty Menstruation Periods Sanitary towels Sanitary pads Tampons Ovary/Ovaries Vagina Oestrogen Vulva Womb/ Uterus</p> <p>*Added to planning Moon cup Period pants</p>	 <p><b>AGE</b> 7-11 10-14 12-16</p> <p>A girl reaches puberty usually between the ages of 10 and 14, though it can be earlier or later than this. At this time she starts to produce one egg every month from her ovaries.</p> <p>Many thousands of eggs are stored in the ovaries. A woman will release one each month for most of her adult life. Most will not be fertilised, so they pass down the tube into the womb and out of the body through the vagina.</p> <p><b>Day 21</b> ovaries, womb or uterus, lining is 3cm thick, vagina, vulva</p> <p>However, every month the womb has to get ready in case the egg is fertilised. It makes a thick, soft, spongy lining with an extra supply of blood to provide the food and oxygen that a baby would need.</p> <p><b>Menstrual Flow</b></p> <p>If the egg is not fertilised the extra lining isn't needed so it breaks up. For a few days the womb lining and the spare blood it contained will come out of the body through the vagina. This is what is called 'having a period'.</p> <p><b>Changing Me</b> Menstruation Worries - Ages 9-10 - Piece 2</p> <p>My Mum has told me what to expect when my periods start, but I'm worried what will happen if they start while I am at school. I won't know who to talk to or how to get the stuff I need, and it could be really embarrassing.</p> <p>I am a really keen swimmer and I also do a lot of dancing and other sports. It bothers me that when my periods start they'll interfere with all my activities and I won't be able to do what I want when I want.</p>																				
<p>3. Puberty for boys *2 Parts of the lesson removed</p>	<p>I can describe how boys' and girls' bodies change during puberty.</p>	<p>I can express how I feel about the changes that will happen to me during puberty.</p>	<p>Puberty Sperm Semen Testicles/ Testes Erection Ejaculation Wet dream Larynx Facial hair Growth spurt Hormones</p>	<p><b>Matching activity</b></p> <table border="1" data-bbox="1077 824 1544 1444"> <tr> <td>Sperm</td> <td>Two balls of tiny coiled tubes where sperm are made - they hang between a man's legs in a bag of skin called the scrotum</td> </tr> <tr> <td>Semen</td> <td>The release of semen from a boy's or man's body while he is asleep at night - it's a normal part of sexual development</td> </tr> <tr> <td>Testicles or Testes</td> <td>The voice box in the throat: for a boy this gets bigger at puberty and his voice becomes deeper</td> </tr> <tr> <td>Erection</td> <td>Chemicals in the bloodstream which tell various organs in the body when and how to change during puberty</td> </tr> <tr> <td>Ejaculation</td> <td>A period of rapid growth which can happen for boys and girls some time during puberty - can mean growing out of shoes and clothes very quickly</td> </tr> <tr> <td>Wet dream</td> <td>Tiny cells made in a man's testicles: if one joins with a woman's egg it will start to grow into a baby</td> </tr> <tr> <td>Larynx</td> <td>When a man or boy's penis fills with blood and goes hard, usually because he's feeling sexually excited, but, when growing up, it can happen for no particular reason</td> </tr> <tr> <td>Facial Hair</td> <td>A milky liquid in which the sperm are mixed when they are released from a man's body through the penis</td> </tr> <tr> <td>Growth Spurt</td> <td>Hair that starts growing on a boy's face during puberty - if not shaved, it will grow into a moustache and beard</td> </tr> <tr> <td>Hormones</td> <td>The release of sperm and semen through the penis - it goes with a climax of nice feelings called an orgasm</td> </tr> </table> 	Sperm	Two balls of tiny coiled tubes where sperm are made - they hang between a man's legs in a bag of skin called the scrotum	Semen	The release of semen from a boy's or man's body while he is asleep at night - it's a normal part of sexual development	Testicles or Testes	The voice box in the throat: for a boy this gets bigger at puberty and his voice becomes deeper	Erection	Chemicals in the bloodstream which tell various organs in the body when and how to change during puberty	Ejaculation	A period of rapid growth which can happen for boys and girls some time during puberty - can mean growing out of shoes and clothes very quickly	Wet dream	Tiny cells made in a man's testicles: if one joins with a woman's egg it will start to grow into a baby	Larynx	When a man or boy's penis fills with blood and goes hard, usually because he's feeling sexually excited, but, when growing up, it can happen for no particular reason	Facial Hair	A milky liquid in which the sperm are mixed when they are released from a man's body through the penis	Growth Spurt	Hair that starts growing on a boy's face during puberty - if not shaved, it will grow into a moustache and beard	Hormones	The release of sperm and semen through the penis - it goes with a climax of nice feelings called an orgasm
Sperm	Two balls of tiny coiled tubes where sperm are made - they hang between a man's legs in a bag of skin called the scrotum																							
Semen	The release of semen from a boy's or man's body while he is asleep at night - it's a normal part of sexual development																							
Testicles or Testes	The voice box in the throat: for a boy this gets bigger at puberty and his voice becomes deeper																							
Erection	Chemicals in the bloodstream which tell various organs in the body when and how to change during puberty																							
Ejaculation	A period of rapid growth which can happen for boys and girls some time during puberty - can mean growing out of shoes and clothes very quickly																							
Wet dream	Tiny cells made in a man's testicles: if one joins with a woman's egg it will start to grow into a baby																							
Larynx	When a man or boy's penis fills with blood and goes hard, usually because he's feeling sexually excited, but, when growing up, it can happen for no particular reason																							
Facial Hair	A milky liquid in which the sperm are mixed when they are released from a man's body through the penis																							
Growth Spurt	Hair that starts growing on a boy's face during puberty - if not shaved, it will grow into a moustache and beard																							
Hormones	The release of sperm and semen through the penis - it goes with a climax of nice feelings called an orgasm																							
<p>4. Conception *3 This lesson is not taught in PSHE.</p>	<p>I understand that sexual intercourse can lead to conception and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby.</p>	<p>I appreciate how amazing it is that human bodies can reproduce in these ways.</p>																						

<p>5.Looking ahead 1</p>	<p>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent).</p>	<p>I am confident that I can cope with the changes that growing up will bring.</p>	<p>Teenager Milestone Perceptions Puberty Responsibilities</p>	<div data-bbox="1070 103 1552 409" data-label="Image"> <p><b>A New Day</b> Changing Me!</p> <p>Look around and tell me what you see, Changing faces, that's all right with me. It's a part of growing up, let's embrace and feel free.</p> <p><b>CHORUS:</b> It's a new day, And I'm feeling great! New choices, New chances. It's a new day, And I just can't wait, Just can't wait... Today's gunna' be great! Today's gunna' be great! It's a new day, And I just can't wait, Just can't wait... Today's gunna' be great! Let's all agree that it's good to change, Personalities will change with age, We're becoming the people we're going to be.</p> </div> <p>Examples of magazines aimed at teenagers</p>
<p>6.Looking ahead 2</p>	<p>I can identify what I am looking forward to when I move to my next class.</p>	<p>I can start to think about changes I will make next year and know how to go about this.</p>	<p>Change Hope Manage Cope Opportunities Emotions Fear Excitement Anxious</p>	<div data-bbox="1070 562 1552 1187" data-label="Image"> <p><b>Changing Me</b> Spinning Top Template - Ages 9-10 - Piece 6</p> <p>107</p> <p>I want to become better at meeting new people</p> </div> <div data-bbox="1070 1227 1552 1787" data-label="Diagram"> <p><b>Changing Me</b> The Circle of Change - Ages 9-10 - Piece 6</p> <p>The change I am going to make:</p> <ol style="list-style-type: none"> <li>1. Thinking about</li> <li>2. Deciding</li> <li>3. Preparing</li> <li>4. Taking action</li> <li>5. Keeping it going</li> </ol> <p>How will I feel when this change has happened?</p> <p>What will it look like when this change has happened?</p> <p>Name:</p> </div>