

Year 5 Jigsaw Puzzle 6 – Changing Me

What it looked like last year...

- Being unique
- Having a baby
- Girls and puberty
- Being confident about change
- Accepting change
- Preparing for transition
- Environmental change



What it looks like next year...

- Self-image
- Body image
- Puberty and feelings
- Conception to birth
- Reflections about change
- Physical attraction
- Respect and consent
- Boyfriends/girlfriends
- Sexting
- Transition

Vocabulary (definitions)

Piece 1	Piece 2	Piece 3	Piece 4	Piece 5	Piece 6
Self	Puberty	Puberty	Relationships	Teenager	Change
Self-image	Menstruation	Sperm	Conception	Milestone	Hope
Body image	Periods	Semen	Making love	Perceptions	Manage
Self-esteem	Sanitary towels	Testicles/ Testes	Sexual intercourse	Puberty	Cope
Perception	Tampons	Erection	Fallopian tube	Responsibilities	Opportunities
Characteristics	Ovary/Ovaries	Ejaculation	Fertilisation		Emotions
Aspects	Vagina	Wet dream	Pregnancy		Fear
Affirmation	Oestrogen	Larynx	Embryo		Excitement
	Vulva	Facial hair	Umbilical cord		Anxious
	Womb/Uterus	Growth spurt	Contraception		
		Hormones	Fertility treatment (IVF)		

Sequence of Learning

1. Self and Body Image (S)
2. Puberty for Girls (F)
3. Puberty for Boys (F)
4. Conception (F)
5. Looking Ahead 1 (F) (S) (E)
6. Looking Ahead 2 (F) (S) (E)



Cultural Capital

- To be able to explain how the body changes during puberty for girls and boys.
- The real life knowledge that links is: how to manage feelings around changes to the body.
- The jobs it can be used in are: all jobs – accepting and managing change.

Key Concept Links

- **Self-Belief and Self-worth (S)**
- **Empathy (E)**
- **Recognising, Understanding, and Managing Feelings. (F)**

