



Puzzle Map

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Puzzle Map - Ages 9-10

Puzzle Outcome

Help me fit together the six pieces of learning about Changing Me to create the Tree of Change display Piece 6: Circles of Change



Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention	Resources
<i>and Vocabulary</i> (Find out more)				For every lesson: Jigsaw Jez, <u>Jisaw Charter</u> , Jigsaw Chime, Jerrie Cat, Jigsaw Journals, <u>Next Steps / Reflection Sheet</u> .
Understand that everyone is unique and special	1. Self and Body Image - Self - Self-image - Body image - Self-esteem - Perception - Characteristics - Aspects - Affirmation	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	<u>Self-image cards</u> <u>Emoji face classroom labels</u> Airbrushed/filtered images (teacher sourced) <u>Frame card template</u> <u>My Jigsaw Journey</u> .

Can express how they feel when change happens	2. Puberty for Girls • <i>Puberty</i> • <i>Menstruation</i> • <i>Periods</i> • <i>Menstrual towels</i> • <i>Menstrual pads</i> • <i>Menstrual cups (mooncups)</i> • <i>Tampons</i> • <i>Ovary/ Ovaries</i> • <i>Vagina</i> • <i>Oestrogen</i> • <i>Vulva</i> • <i>Womb/ Uterus</i> • <i>Hormones</i>	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	I understand that puberty is a natural process that happens to everybody and that it will be ok for me	<u>Animation:</u> The Female Reproductive System Menstruation Card Match <u>A</u>, <u>B</u> or <u>C</u> A range of sanitary products <u>The Great Growing Up Adventure resource sheet</u> <u>Set of Menstruation Worries cards</u> If available: some examples of published information leaflets about puberty Jigsaw Jez's Private Post Box (teacher to make) <u>My Jigsaw Journey.</u>
Understand and respect the changes that they see in themselves	3. Puberty for boys • <i>Puberty</i> • <i>Sperm</i> • <i>Semen</i> • <i>Testicles/ Testes</i> • <i>Erection</i> • <i>Ejaculation</i> • <i>Wet dream</i> • <i>Larynx</i> • <i>Facial hair</i> • <i>Growth spurt</i> • <i>Hormones</i>	I can describe how boys' and girls' bodies change during puberty	I can express how I feel about the changes that will happen to me during puberty	Tennis ball <u>Points of View statements</u> Agree and Disagree labels <u>Animation:</u> The Male Reproductive System <u>Boys 'n' Puberty Quiz</u> (either single sheets or cut up into sets of cards) Materials as necessary to produce a colourful information leaflet or a visual slide presentation If available: some examples of published information leaflets about puberty Jigsaw Jez's post box <u>My Jigsaw Journey.</u>

Understand and respect the changes that they see in other people	4. Conception <i>Relationships</i> <i>Conception</i> <i>Making love</i> <i>Sexual intercourse</i> <i>Fallopian tube</i> <i>Fertilisation</i> <i>Pregnancy</i> <i>Embryo</i> <i>Umbilical cord</i> <i>Contraception</i> <i>Fertility treatment (IVF)</i>	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	I appreciate how amazing it is that human bodies can reproduce in these ways	<u>Relationships Cards</u> <u>Animations:</u> The Female Reproductive System and The Male Reproductive System <u>Having A Baby. Diamond 9 cards</u> <u>Truth About Conception and Pregnancy card sort</u> Jigsaw Jez's post box <u>My Jigsaw Journey.</u>
Know who to ask for help if they are worried about change	5. Looking Ahead 1 Puzzle Outcome: Change Cards <i>Teenager</i> <i>Milestone</i> <i>Perceptions</i> <i>Puberty</i> <i>Responsibilities</i> <i>Consent</i>	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	I am confident that I can cope with the changes that growing up will bring	<u>'A New Day' Song sheet</u> Selection of pages from male and female teen magazines Flip chart paper, Paper or card for card designs <u>My Jigsaw Journey.</u>
Are looking forward to change	6. Looking Ahead 2 <i>Change</i> <i>Hope</i> <i>Manage</i> <i>Cope</i> <i>Opportunities</i> <i>Emotions</i> <i>Fear</i> <i>Excitement</i> <i>Anxious</i>	I can identify what I am looking forward to when I move to my next class.	I can start to think about changes I will make next year and know how to go about this.	<u>Spinning top template</u> <u>Circle of Change template</u> <u>Certificates</u> <u>My Jigsaw Journey.</u>

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