

Year 4 – Changing Me

Summer term PSHE lesson overview

| Weekly Celebration   | Pieces               | PSHE learning intention  | Social and emotional development learning intention  | Resources   |
|--|----------------------|--|--|---|
| Understand that everyone is unique and special                 | 1. Unique Me         | I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm      | I appreciate that I am a truly unique human being  | Jigsaw Jaz, Jigsaw Chime, 'Calm Me' script, Kitten and cat cards, Photo of teacher with parents, 'Parents and children' templates, Jigsaw Jaz's post box (teacher to make), Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.  |
| Can express how they feel when change happens                  | 2. Having a Baby     | I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby   | I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult | Making Things cards, Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, Flashcard pictures of sperm and egg, Slide show - Changes on the inside, Animation: The Female Reproductive System, Printed copies of slides, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jaz's Post box (from last lesson), Jigsaw Jerrie Cat.   |
| Understand and respect the changes that they see in themselves | 3. Girls and Puberty | I can 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 | I have strategies to help me cope with the physical and emotional changes I will experience during puberty               | How do I feel about puberty?' cards, Jigsaw Chime, 'Calm Me' script, A 'bag of tricks' – a mystery bag containing a collection of items relating to puberty and growing up- see lesson plan for suggestions, Animation: The Female Reproductive System, Slide show, Sets of Menstruation Cards for card-sort and/ or sticking into Jigsaw Journals, Jigsaw Journals, Jigsaw Jaz, Jigsaw Jaz's post box, My Jigsaw Journey, Jigsaw Jerrie Cat. |

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| <b>Understand and respect the changes that they see in other people</b> | <b>4. Circles of Change</b><br><br><b>Puzzle Outcome: Circles of Change</b> | I know how the circle of change works and can apply it to changes I want to make in my life                | <b>I am confident enough to try to make changes when I think they will benefit me</b>  | <b>Jigsaw Song: 'A New Day', Jigsaw Jaz, Jigsaw Chime, 'Calm Me' script, Season tree pictures, Slide show, Circle of Change diagram/template, Split pins, Cardboard arrows, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</b>  |
| <b>Know who to ask for help if they are worried about change</b>        | <b>5. Accepting Change</b>  | I can identify changes that have been and may continue to be outside of my control that I learnt to accept | <b>I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</b> | <b>Emotions cards, Slide show of environmental change, Change Scenario cards, Jigsaw Chime, 'Calm Me' script, Jigsaw Journals, My Jigsaw Journey, Jigsaw Jerrie Cat.</b>  |
| <b>Are looking forward to change</b>                                    | <b>6. Looking Ahead</b><br><br><b>Assessment Opportunity</b>                | I can identify what I am looking forward to when I move to a new class                                     | <b>I can reflect on the changes I would like to make next year and can describe how to go about this</b>                                 | <b>Jigsaw Jaz, Jigsaw Chime, The same objects used for the 'Bag of Tricks' activity in lesson 3, laid out on a tray or the floor, A piece of cloth, 'Calm Me' script, Jigsaw Jaz's post box, Circle of Change templates, Jigsaw Journals, My Jigsaw Journey, Certificates, Jigsaw Jerrie Cat.</b> |