

Y6 PSHE JIGSAW KNOWLEDGE ORGANISER CHANGING ME

Puzzle Outcomes

- I know how girls' and boys' bodies changes during puberty and understand the importance of looking after themselves physically and emotionally
- I know how a baby develops from conception through the nine months of pregnancy and how it is born
- I know how being physically attracted to someone changes the nature of the relationship
- I know the importance of self-esteem and what I can do to develop it
- I know what I am looking forward to and what I am worried about when thinking about transition to secondary school / moving to my next class



Our Values link



Changing Me at Lakeside Primary Academy

As good citizens of Lakeside Primary it is important for us to have positive self esteem and body image of ourselves and others. We can understand that we may feel pressure to do things we don't want to in a relationship but mutual respect is essential for a positive relationship to work.

Key Vocab

Transition	An act or the process of passing from one state, stage, place, or subject to another
Sexting	Sexting is the act of sending sexual text messages. It often also involves sending nude or seminude photos and explicit videos of yourself.
Attraction	A feeling of interest in something or someone a romantic attraction
Sanitary products	Personal property designed for feminine hygiene in connection with the human menstrual cycle
Menstruation	The process in a woman of discharging blood and other material from the lining of the uterus at intervals of about one lunar month from puberty until the menopause, except during pregnancy.
Labour	A series of continuous, progressive contractions of the uterus that help the cervix dilate and efface (thin out).
Contraception	The deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse

Y6 PSHE JIGSAW KNOWLEDGE ORGANISER CHANGING ME



Key Vocab

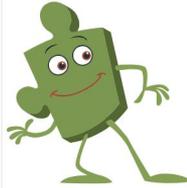
Oestrogen	Hormones that are important for sexual and reproductive development, mainly in women.
Fallopian tube	The pair of tubes that carry the egg from the ovary to the uterus.
Genitals	The sexual organs
Foreskin	The sheath of skin that covers the head (glans) of the penis
Hormones	Chemical substances that act like messenger molecules in the body
Testosterone	A hormone made mainly in the testes (part of the male reproductive system). It is needed to develop and maintain male sex characteristics, such as facial hair, deep voice, and muscle growth.
Ovaries	A pair of female glands in which the eggs form and the female hormones estrogen and progesterone are made
Unfertilised	Not having been fertilized;
Fertilised	An egg or seed to start to develop into a new young animal or plant by joining it with a male cell

Uterus	The uterus is where a fetus (unborn baby) develops and grows. Also called womb.
Cervix	The lower, narrow end of the uterus that forms a canal between the uterus and vagina
Adams apple	The lump formed in the front of a person's neck by cartilage in the throat
Scrotum	The external pouch that in most mammals contains the testes
Erection	An enlarged and rigid state of the penis, typically in sexual excitement
Ejaculation	To eject (semen) in orgasm
Urethra	Duct that transmits urine from the bladder to the exterior of the body during urination
Wet dream	A dream about sex which causes a man to have an orgasm while he is asleep.
Larynx	Produces vocal sounds and prevents the passage of food and other foreign particles into the lower respiratory tracts

Y5 PSHE JIGSAW KNOWLEDGE ORGANISER CHANGING ME

Puzzle Outcomes

- I know what perception means and that perceptions can be right or wrong
- I know how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally
- I know that sexual intercourse can lead to conception
- I know that some people need help to conceive and might use IVF
- I know that becoming a teenager involves various changes and also brings growing responsibility



Our Values link



Changing Me at Lakeside Primary Academy

As good citizens of Lakeside Primary it is important for us to have a good self image and self-esteem and be able to boost that in others. We can understand that thinking about becoming a teenager and having relationships can be tricky but we know it is all about growing up.

Key Vocab

Circumcised	The skin covering the end of the penis has been surgically removed
Uncircumcised	An uncircumcised penis retains the foreskin, which covers the head of a non erect penis
Conception	To become pregnant with (young) conceive a child
Embryo	An unborn human or animal in the earliest stages of growth when its basic structures are being formed
Umbilical cord	The long tube that runs between a mother and her unborn baby. It carries oxygen and nutrients to the baby and waste away from the baby.
Foetus	An animal not yet born or hatched but more developed than an embryo.
Contraception	Deliberate prevention of conception or impregnation

Y5 PSHE JIGSAW KNOWLEDGE ORGANISER CHANGING ME



Key Vocab

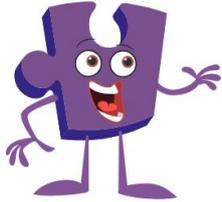
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Ejaculation	To eject (semen) in orgasm
Urethra	Duct that transmits urine from the bladder to the exterior of the body during urination
Wet dream	A dream about sex which causes a man to have an orgasm while he is asleep.
Larynx	Produces vocal sounds and prevents the passage of food and other foreign particles into the lower respiratory tracts

Y4 PSHE JIGSAW KNOWLEDGE ORGANISER CHANGING ME

Puzzle Outcomes

- I know that personal characteristics are inherited from birth parents and this is brought about by an ovum joining with a sperm
- I know that babies are made by a sperm joining with an ovum
- I know the names of the different internal and external body parts that are needed to make a baby
- I know how the female and male body change at puberty
- I know that personal hygiene is important during puberty and as an adult
- I know that change is a normal part of life and that some cannot be controlled and have to be accepted
- I know that change can bring about a range of different emotions



Our Values link



Changing Me at Lakeside Primary Academy

As good citizens of Lakeside Primary it is important for us to understand that we should embrace our uniqueness. We can understand that being receptive of change is good and that it may bring different emotions.

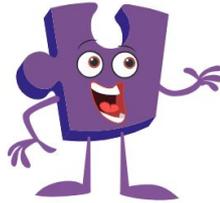
Key Vocab

Characteristics	A special quality or appearance that makes an individual or a group different from others
Sexual intercourse	Physical sexual contact between individuals that involves the genitalia of at least one person
Fertilise	The joining of an egg and a sperm
Conception	To become pregnant with (young) conceive a child
Menstruation /period	The 2 to 7 days that a girl or woman has her menstrual flow, which is when blood and tissue leave her body through her vagina
Egg/Ovum	The name for the female reproductive cell
Ovaries	A female reproductive organ in which ova or eggs are produced
Penis	A male organ in mammals through which urine and sperm leave the body
Vagina/Vulva	The muscular tube leading from the external genitals to the cervix of the uterus
Sperm	The human male's sex cell, which when joined with an egg, has the potential to form a new person

Y3 PSHE JIGSAW KNOWLEDGE ORGANISER CHANGING ME

Puzzle Outcomes

- I know that in animals and humans lots of changes happen between conception and growing up
- I know that in nature it is usually the female that carries the baby
- I know that in humans a mother carries the baby in her uterus (womb) and this is where it develops
- I know that babies need love and care from their parents/carers
- I know some of the changes that happen between being a baby and a child
- I know that the male and female body needs to change at puberty so their bodies can make babies when they are adults
- I know some of the outside body changes that happen during puberty
- I know some of the changes on the inside that happen during puberty



Our Values link



Changing Me at Lakeside Primary Academy

As good citizens of Lakeside Primary it is important for us to understand that our body goes through lots of changes, especially during puberty. We can feel anxious about change and it we have to learn ways to embrace change.

Key Vocab

Uterus	The major organ of the female reproductive system
Womb	The organ in which female mammals grow and carry a fetus before it's ready to be born
Birth	The start of life as a physically separate being
Puberty	The time when your body begins to develop and change as you move from kid to adult.
Testicles	A male reproductive gland that produces sperm
Sperm	The human male's sex cell, which when joined with an egg, has the potential to form a new person
Penis	A male organ in mammals through which urine and sperm leave the body
Ovaries	A female reproductive organ in which ova or eggs are produced
Vagina	The muscular tube leading from the external genitals to the cervix of the uterus
Growing up	To progress from childhood toward adulthood

Y2 PSHE JIGSAW KNOWLEDGE ORGANISER CHANGING ME

Puzzle Outcomes

- I know that life cycles exist in nature.
- I know that aging is a natural process including old-age.
- I know that some changes are out of an individual's control
- I know how my body has changed from when I was a baby and that I will continue to change as I age
- I know the physical differences between male and female bodies
- I know the correct names for private body parts
- I know that private body parts are special and that no one has the right to hurt these
- I know who to ask for help if I am worried or frightened
- I know there are different types of touch and that some are acceptable and some are unacceptable



Our Values link



Changing Me at Lakeside Primary Academy

As good citizens of Thrapston Primary School it is important for us to understand that we change and have differences between males and females. We need to be confident in telling people no when we feel frightened or are being hurt.

Key Vocab

Appearance	How you look: your clothes, hair, facial expression, skin tone, and posture
Physical	Relating to the body as opposed to the mind
Vagina	The muscular tube leading from the external genitals to the cervix of the uterus
Penis	A male organ in mammals through which urine and sperm leave the body
Testicles	A male reproductive gland that produces sperm
Vulva	The outside parts of the female reproductive system
Anus	The opening where your bowel movements (also known as poop) come out
Private	Belonging to or for the use of one particular person or group of people only.
Comfortable	Providing physical ease and relaxation.
Uncomfortable	Causing or feeling slight pain or physical discomfort.

Y1 PSHE JIGSAW KNOWLEDGE ORGANISER CHANGING ME

Puzzle Outcomes

- I know that animals including humans have a life cycle
- I know that changes happen when we grow up
- I know that people grow up at different rates and that is normal
- I know the names of male and female private body parts
- I know that there are correct names for private body parts and nicknames, and when to use them
- I know which parts of the body are private and that they belong to that person and that nobody has the right to hurt these
- I know who to ask for help if I am worried or frightened
- I know that learning brings about change



Our Values link



Changing Me at Lakeside Primary Academy

As good citizens of Lakeside Primary it is important for us to understand how we change as we get older. We need to make sure that we talk to someone if we are feeling frightened or worried about something.

Key Vocab

Male	An offspring that can fertilize eggs to reproduce.
Life cycle	The series of changes in the life of an organism including reproduction
Vagina	The muscular tube leading from the external genitals to the cervix of the uterus
Penis	A male organ in mammals through which urine and sperm leave the body
Anus	The opening where your bowel movements (also known as poop) come out
Vulva	The outside parts of the female reproductive system
Testicles	A male reproductive gland that produces sperm
Female	A woman or girl.
Coping	To deal with and try to find solutions for problems.
Mature	Fully developed in mental, emotional, or physical qualities