

We define **'RSHE'** as teaching about human reproduction and will teach our lessons through our RSHE curriculum. Parents and carers have the right to request their child is withdrawn from these specific lessons.

Please be aware, this only forms a very small part of our curriculum and specific sequences of lessons are taught the **'Changing Me'** puzzle (unit) in years 4, 5 and 6:

- **Year 4 - Having a baby**
- **Year 5 – Conception and the creation of new life**
- **Year 6 - Conception to birth**

The Jigsaw PSHE lessons that we follow aim to give children their entitlement to information about relationships, puberty and human reproduction, appropriate to their ages and stages of development. This work is treated in a matter-of-fact and sensitive manner and helps children to cope with change, including puberty, and to learn about healthy relationships.

There are six puzzles (units), each with six lessons that are taught by the class teacher:

- **Being me in My World**
- **Celebrating Difference**
- **Dreams and Goals**
- **Healthy Me**
- **Relationships**
- **Changing Me**

► **What will my child actually be taught about puberty and human reproduction?**

- Jigsaw's 'Changing Me' unit is taught over a period of 6 weeks, usually in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage, building on the previous years' learning.
- Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

Post Box

It is best practice to use the 'post box' technique or 'ask it basket' within **'Changing Me'** lessons.

Children they can use the post box if they wish to ask a question, or are worried about something. This technique allows the teacher to support any children who have concerns, and also gives 'thinking time' so that the children's questions can be answered age-appropriately in the next lesson.

➤ *Managing awkward/tricky/sensitive questions*

- *1. Decide whether or not it is appropriate to answer the question in the classroom i.e. is it age-appropriate?*
- *2. Think about what might be behind the child's question i.e. why have they asked it? This may affect how you answer it.*
- *3. Keep the answer very simple - children only need to know the answer to their question not the contents of a biology textbook!*
- *4. Keep it factual.*
- *5. If questions cause you concern, think about how you deal with it e.g. refer to safeguarding lead/ refer to parent/carer*
- *6. Having pre-prepared answers.*

Pieces	PSHE learning intention	Social and emotional development learning intention
1. How Babies Grow	I understand that in animals and humans lots of changes happen between birth and growing up, and that usually it is the female who has the baby	I can express how I feel when I see babies or baby animals

Lesson 1



- PowerPoint of a human mother and baby.
- Make the point that it is usually the female who has the baby and looks after it whilst it is very young, but often the males (dads) have an important role to play too, e.g. for humans, penguins etc.
- Children will talk about the role of a parent in caring for a baby, and why a parent needs to devote a lot of care.
- Ask the children how it might feel to have a new baby in the family.

2. Babies

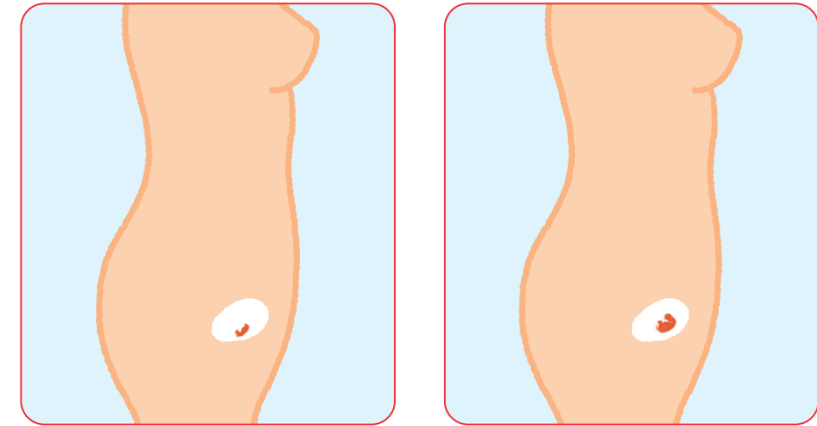
I understand how babies grow and develop in the mother's uterus

I understand what a baby needs to live and grow

I can express how I might feel if I had a new baby in my family

➡ Lesson 2

- ➡ Children will talk with a talking partner about things the baby needs to grow and to survive. Emphasise that a baby needs love and affection as well as physical needs such as milk, nappies, clothes,
- ➡ Ask the children to think about how the life of a baby starts out. Where does it begin to grow? How does it grow? The children may share that it grows inside the mother. Acknowledge this and show the PowerPoint slides of a baby growing inside a mother's womb / uterus.



3. Outside Body Changes

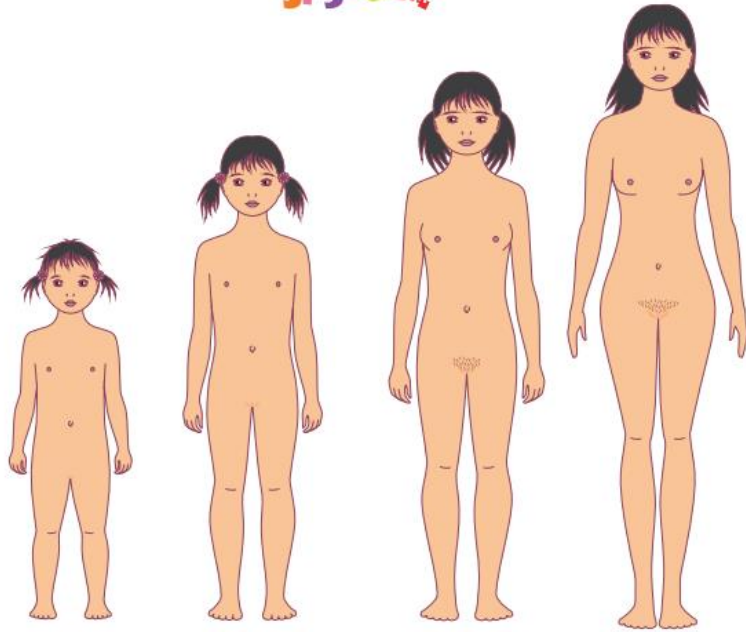
I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies

I can identify how boys' and girls' bodies change on the outside during this growing up process

I recognise how I feel about these changes happening to me and know how to cope with those feelings

➤ Lesson 3

- Explain that everyone is going to learn about an important change which happens gradually to everybody - for the children it will start sometime in the next few years and carry on into their teens.
- Introduce the term puberty. Ask whether anybody has heard the word and/or knows what it means. Explain that it refers to the collection of changes that will gradually change their bodies from a child's body into an adult's body. Say that the lesson today will only look at changes on the outside of the body, and next time they will learn about the changes on the inside.
- Emphasise that puberty is a natural part of growing up for everyone
- As you grow up, which are the changes you can control and make choices about?



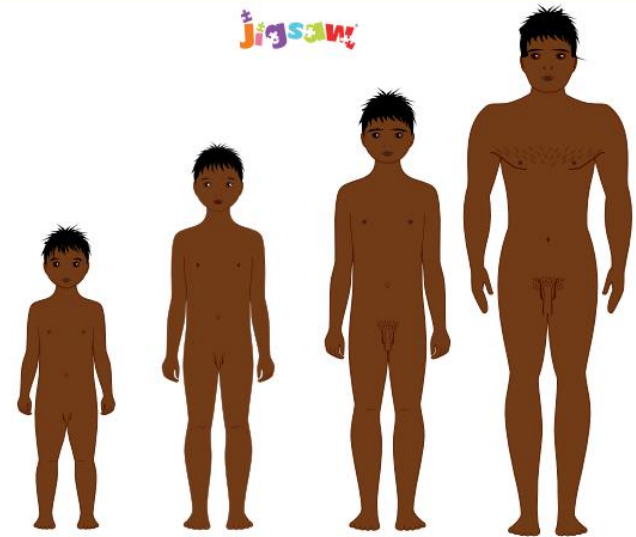
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I will grow taller

I will develop pubic hair
between my legs

Hair will grow under my arms

Hair will grow on my legs



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Resources used in classrooms

4. Inside Body Changes

I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up

I recognise how I feel about these changes happening to me and know how to cope with these feelings

Lesson 4

Children talk about how a new life starts? For most living things, the female produces 'babies', a new life which starts off tiny and grows to be an adult animal or human.

Ask the children what's different about the hen's egg and frogspawn compared to how other animals have babies? Explain that for some animals, the mother lays the egg and baby grows inside it, but for others the baby grows inside the mother until it is ready to be born, and that's the way it happens for humans.

Explain that puberty is really about getting boys' and girls' bodies ready for making and having babies when they are grown up. Teachers will say the amazing thing about babies is that although they are born from the mother, they need both a little bit of the mother and a little bit of the father to start them off in the first place.

Slide 3

- The boy's testicles grow and start to make sperm which are tiny seeds that are needed to start a baby growing.
- Sperm can be released through the penis.

Slide 4

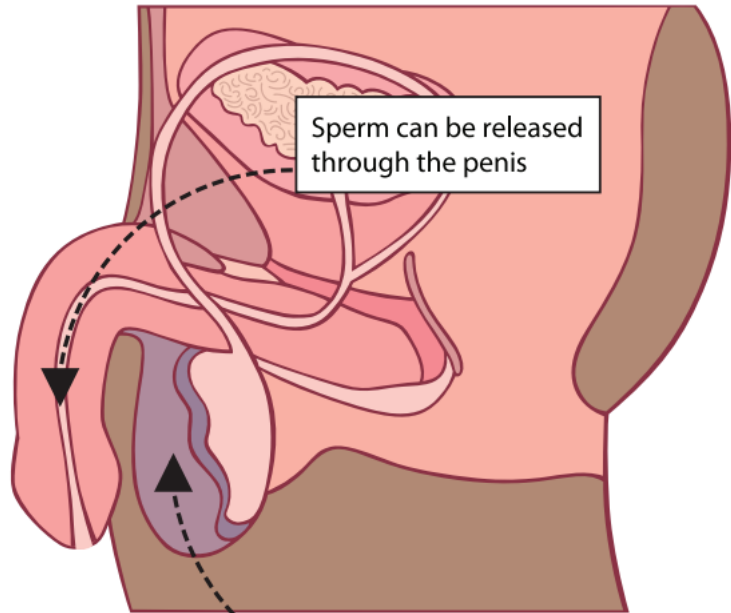
- The girl's ovaries store hundreds of tiny eggs and during puberty they start to release them, one at a time each month. Girls are born with all these eggs inside their ovaries (called ova) waiting for puberty to start. (Ensure children do not think ova are like chicken/ bird eggs).

Slide 5

- When one of these eggs (or ova) joins with a sperm it will start to grow into a baby.

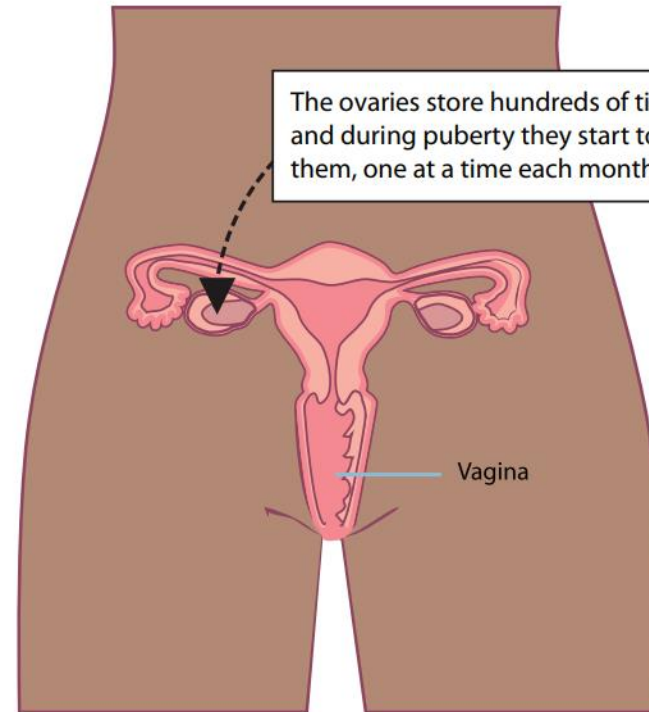
Slide 6

- The womb/uterus grows and gets ready to make a safe space for a baby to grow until it is big enough to be born.
- The passage that leads from the womb to the outside is called the vagina. If an ovum isn't fertilised it passes out of the body as a 'period'.



Sperm can be released through the penis

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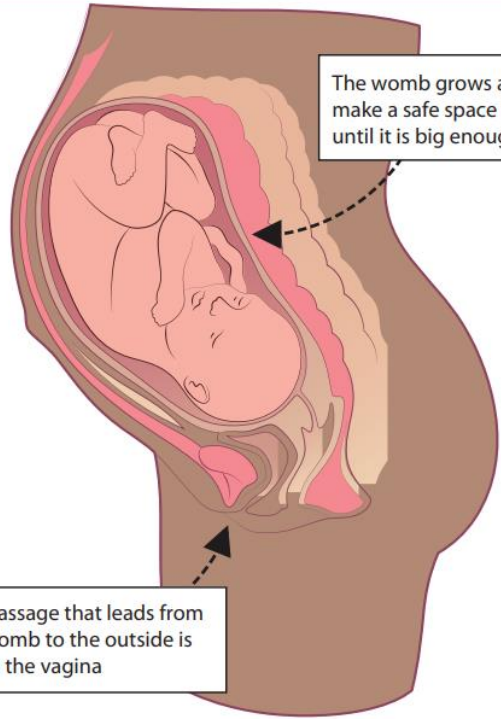
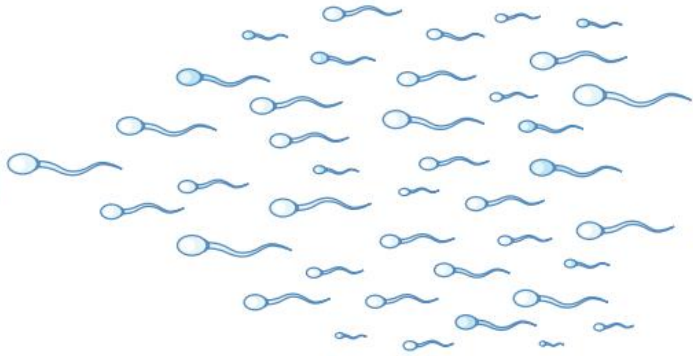
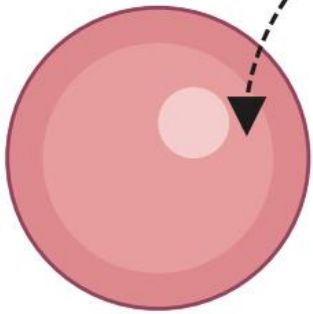


The ovaries store hundreds of tiny eggs and during puberty they start to release them, one at a time each month

Vagina

Resources used in classrooms

When one of these eggs joins with a sperm it will start to grow into a baby



The womb grows and gets ready to make a safe space for a baby to grow until it is big enough to be born

The passage that leads from the womb to the outside is called the vagina

Changing Me

The Great Growing Up Adventure - Ages 7-8 - Piece 4

On our journey to be adults, our bodies will change shape and grow bigger on the outside.

At the same time wonderful things are happening on the inside.

Boys have a bag of skin between their legs which holds the t_____

These grow bigger and start to make s_____, tiny seeds which are needed to start a baby.

When they are needed these seeds are released through the p_____

Inside a girl, low down between her hips, are two o_____

Stored inside these are lots of tiny e____

They start to be released, one at a time, into a tube that leads to the w____

This is a warm, safe space where a baby will grow if the egg joins with a sperm.

The womb is connected to an opening between the girl's legs by a passage called the v_____

Ovaries

Sperm

Vagina

Testicles

Eggs

Womb

Penis

5. Family Stereotypes

I can start to recognise stereotypical ideas I might have about parenting and family roles

I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes

➡ Lesson 5

- ➡ Explain to the children what stereotypical means and draw out what roles seem to be more stereotypical in the task cards than others.
- ➡ Ask the children to think about whether this is always true/sometimes true. Ensure that the children understand that it is OK for both males and females to do any of the roles within the family.
- ➡ Ask the children to think about why/how roles might be taken on in different families.

Washing the car

Decorating the house

Changing the bed

Mowing the lawn

Picking and arranging flowers

Cooking dinner

Bathing a child

Changing a baby's nappy

- *Talk through together and share ideas on this*
- *What do we think and why?*

Questions

If you have any questions you can email
year5@uplandsmanor.sandwell.sch.uk