JIGSAW SRE Changing Me

Yr	Overview of topics covered
3	- Understand that in animals and humans lots of changes happen between conception and growing up, and that usually it is the female who has the baby. - Understand how babies grow and develop in the mother's uterus I understand what a baby needs to live and grow. - Start to recognise stereotypical ideas I might have about parenting and family role. - Identify what I am looking forward to when I move to my next class.
4	- Understand that some of my personal characteristics have come from my birth parents and appreciate that I am a truly unique human being. - 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. Know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty. - Know how the circle of change works and can apply it to changes I want to make in my life am confident enough to try to make changes when I think they will benefit me. - Identify changes that have been and may continue to be outside of my control that I learnt to accept express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively. - Identify what I am looking forward to when I move to a new class reflect on the changes I would like to make next year and can describe how to go about this
5	- Be aware of my own self-image and how my body image fits into that know how to develop my own self esteem. - Explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally understand that puberty is a natural process that happens to everybody and that it will be OK for me. - Describe how boys' and girls' bodies change during puberty express how I feel about the changes that will happen to me during puberty. **Know myself well enough to maintain positive relationships with others whilst still keeping my own identity. Be assertive when appropriate.** - Identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities. Be confident that I can cope with the changes that growing up will bring - Identify what I am looking forward to when I move to my next class to think about changes I will make next year and know how to go about this
6	- Be aware of my own self-image and how my body image fits into that know how to develop my own self-esteem - Explain how girls' and boys' bodies change during puberty and understand the importance of looking after myself physically and emotionally express how I feel about the changes that will happen to me during puberty - Understand that sexual intercourse can lead to conception and that is how babies are usually made understand that sometimes people need IVF to help them have a baby appreciate how amazing it is that human bodies can reproduce in these ways describe how a baby develops from conception through the nine months of pregnancy, and how it is born recognise how I feel when I reflect on the development and birth of a baby - Understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to - Be aware of the importance of a positive self-esteem and what I can do to develop it express how I feel about my self-image and know how to challenge negative 'body-talk' - Identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class know how to prepare myself emotionally for the changes next year.