



YEAR FOUR

The Jigsaw 'Changing Me' materials will be delivered to all classes this Summer half term. During this half term, children will receive the teaching from their current year group and some teaching from their previous year group to ensure that important concepts are not missed and that we are retaining a curriculum that builds upon previous knowledge. All lessons are delivered by the usual classroom team to ensure that the safe and secure learning environment that has been established across the school year can be maintained.

<u>Unique Me</u>	
Children will learn about the different ways in which physical characteristics can be decided by our genes, they will learn about this in the context of a sperm and an egg coming together to create a unique person.	
Key Questions Who am I? What am I like? What are my physical characteristics? What are the characteristics of my personality? How am I unique?	Key Vocabulary Personal Unique Characteristics Parents

<u>Having a Baby</u>	
During this lesson, children will develop an understanding of the internal part of male and female bodies that are necessary for making a baby and will learn how a baby is made (see script in key vocabulary box). Children will explore that having a baby is a personal choice that adults make.	
Note: This lesson is part of a Sex Education curriculum. It is a non-statutory element of the curriculum. For more information, please refer to the RSHE Policy on the website.	
Key Questions Can you remember where the sperm and the egg come from? Why do we need to have differences between male and female? Why do people choose to have babies? What is difficult about looking after a baby? Does everybody have to have a baby?	Key Vocabulary Ovaries Sperm Egg/ Ovum Penis Testicles Vagina/ Vulva Womb/ Uterus Making love Having sex Sexual Intercourse Fertilise Conception

<u>Girls and Puberty</u>	
Children will learn about the changes in a girl's body during puberty, including an introduction to menstruation. Children will explore strategies that can help them to cope with the physical and emotional changes experienced during puberty.	
Key Questions What are the stages that explain what happens when a girl or woman has a period? What might people want to talk more about when thinking about the changes that happen at puberty?	Key Vocabulary Puberty Menstruation Periods

<u>Circles of Change</u>	
During this session, children will explore the Circles of Change model as an effective way of preparing for change. They will explore strategies that can help them to manage change effectively.	
Key Questions How might you change to become who you are meant to be? What does change feel like?	Key Vocabulary Circle Seasons Change

	Control
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Accepting Change

Children will identify changes that have been, and may continue to be, outside of their control. They will discuss ways in which they have learnt to accept change. They will have opportunities to express their fears and concerns about change and learn ways in which to manage these feelings positively.

Key Questions

Do human beings have control over these changes in nature?
How easy is it for you to accept changes to our planet that we appear to have little control over?
What changes do you have control over?
What changes do you not have control over?
How might you feel about these changes?
How might you cope with these situations?

Key Vocabulary

Control
Change
Acceptance

Key Vocabulary

Penis, testicles and anus for boys
Vulva, vagina and anus for girls
Breasts and nipples

This vocabulary is in line with the school policy, and will be used exclusively by staff throughout the school. Children will not be corrected if they use other terms, as long as they are appropriate, however staff will use these terms if and when referring to these body parts.

The wording for introducing Sexual Intercourse in order to make a baby in the 'Having a Baby' lesson is as follows:

It's amazing how a baby starts to grow when a man's sperm and a woman's ovum meet and join together. This can happen when a grown-up man and woman share an especially close and loving embrace which allows the sperm to be released through the penis into the vagina. People refer to this as 'making love' or 'having sex' or sexual intercourse (children will probably have heard these expressions before, but may not really understand what sexual intercourse really means) It's an intimate, loving and very private part of a grown-up relationship. From the vagina, the sperm can swim through the womb/uterus into the tubes that lead from the ovaries. If they meet an egg/ ovum there, one of them may 'fertilise' it - join with it so that it starts growing into a baby. This is called conception. The fertilised egg settles into the soft lining of the mother's womb, where it will grow until it is big enough to be born 40 weeks/(9 months). The baby will get half of its genes from the mother's egg/ovum and half its genes from the father's sperm.

All of our PHSE and RSHE lessons are taught in line with our PSHE and RSE policies which can be found on the school website.

Should you have any questions or queries regarding the teaching of the Relationships, Sex and Health Education curriculum, please speak to your child's class teacher in the first instance. Mrs Bloomfield (Principal) and Mrs Barwood (PSHE Lead) are also available to discuss any issues arising with you.