

# Summer 2

## 'Changing Me'



### Puzzle 6: Changing Me - Summer 2 Development Matters 2012 Early Years Curriculum 2013

Pieces	Development Levels	Weekly Celebration	SMSC	Resources
1. My Body	<b>Making relationships</b> D5 - Demonstrates friendly behaviour, initiating conversations and forming good relationships with peers and familiar adults D6 - Explains own knowledge and understanding, and asks appropriate questions of others	Understand that everyone is unique and special	Spiritual	Bag/box Labels naming all the different body parts Pictures of all the different body parts that will go together to form a whole body Book - 'Look Inside Your Body' by Louie Stowell Large paper and post-its
2. Respecting My Body	<b>Making relationships</b> D6 - Explains own knowledge and understanding, and asks appropriate questions of others <b>Self-confidence and self-awareness</b> D6 - Confident to speak to others about own needs, wants, interests and opinions. Can describe self in positive terms and talk about abilities ELG - Say why they like some activities more than others. They are confident to speak in a familiar group, will talk about their ideas	Can express how they feel when change happens	Spiritual Moral Social Cultural	Jigsaw Song sheet: 'Keep fit, keep healthy' Selection of pictures that show healthy/not so healthy activities/food 2 containers/hoops for sorting Magazines/food leaflets Paper
3. Growing Up	<b>Making relationships</b> D4 - Seeks out others to share experiences. Shows affection and concern for people who are special to them D6 - Explains own knowledge and understanding, and asks appropriate questions of others ELG - They show sensitivity to others' needs and feelings <b>Self-confidence and self-awareness</b> D5 - Confident to talk to other children when playing, and will communicate freely about own home and community D6 - Confident to speak to others about own needs, wants, interests and opinions. Can describe self in positive terms and talk about abilities	Understand and respect the changes that they see in themselves	Spiritual Moral	Book - 'I wonder why - Baby animals' by Hannah Wilson Book - 'The Very Hungry Caterpillar' by Eric Carle Pictures ranging from a baby to a toddler, showing different stages of development, e.g. drinking milk, teething, crawling, toileting Book - 'Tell Me What It's Like To Be Big' by Joyce Dunbar Picture cards showing different developmental stages of life ranging from baby to elderly Jigsaw Jenie Jigsaw Song sheet: 'Changing As I Grow'

Pieces	Development Levels	Weekly Celebration	SMSC	Resources
4. Growth and Change (F1)	<b>Making relationships</b> D6 - Explains own knowledge and understanding, and asks appropriate questions of others <b>Self-confidence and self-awareness</b> ELG - They are confident to speak in a familiar group, will talk about their ideas <b>Managing feelings and behaviour</b> ELG - They work as part of a group or class, and understand and follow the rules	Understand and respect the changes that they see in other people	Social Cultural	Seeds Pots Compost Jigsaw Song sheet: 'Changing As I Grow'
4. Fun and Fears (F2)	<b>Making relationships</b> D6 - Initiates conversations, attends to and takes account of what others say. Explains own knowledge and understanding, and asks appropriate questions of others ELG - They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children <b>Self-confidence and self-awareness</b> D4 - Expresses own preferences and interests D5 - Confident to talk to other children when playing, and will communicate freely about own home and community. Shows confidence in asking adults for help D6 - Confident to speak to others about own needs, wants, interests and opinions. Can describe self in positive terms and talk about abilities ELG - They are confident to speak in a familiar group, will talk about their ideas <b>Managing feelings and behaviour</b> D4 - Seeks comfort from familiar adults when needed. Can express their own feelings such as sad, happy, cross, scared, and worried. Responds to the feelings and wishes of others D5 - Aware of own feelings ELG - Children talk about how they and others show feelings	Understand and respect the changes that they see in other people	Social Cultural	Book - 'The Huge Bag of Worries' by Virginia Ironside Box or bag for worries/looking forward to ideas Jigsaw Song sheet: 'Changing As I Grow'

# Changing Me

## Puzzle Map - Year 1

### Puzzle Outcome

Help me fit together the six pieces of learning about Changing Me to create Tree of Change display

Weekly Celebration	Pieces	PSHE Education (Developed from National Framework DfEE 2000)	Emotional Literacy/Social Skills (Developed from SEAL - Social and Emotional Aspects of Learning DfES 2004)
Understand that everyone is unique and special	1. Life cycles	I am starting to understand the life cycles of animals and humans	I understand that changes happen as we grow and that this is OK
Can express how they feel when change happens	2. Changing Me	I can tell you some things about me that have changed and some things about me that have stayed the same	I know that changes are OK and that sometimes they will happen whether I want them to or not
Understand and respect the changes that they see in themselves	3. My Changing Body	I can tell you how my body has changed since I was a baby	I understand that growing up is natural and that everybody grows at different rates
Understand and respect the changes that they see in other people	4. Boys' and Girls' Bodies Assessment Opportunity ★	I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vagina	I respect my body and understand which parts are private
Know who to ask for help if they are worried about change	5. Learning and Growing	I understand that every time I learn something new I change a little bit	I enjoy learning new things
Are looking forward to change	6. Coping with Changes	I can tell you about changes that have happened in my life	I know some ways to cope with changes

# Changing Me

## Puzzle Map - Year 2

### Puzzle Outcome

Help me fit together the six pieces of learning about Changing Me to create Tree of Change display

Weekly Celebration	Pieces	PSHE Education (Developed from National Framework DfEE 2000)	Emotional Literacy/Social Skills (Developed from SEAL - Social and Emotional Aspects of Learning DfES 2004)
Understand that everyone is unique and special	1. Life Cycles in Nature	I can recognise cycles of life in nature	I understand there are some changes that are outside my control and can recognise how I feel about this
Can express how they feel when change happens	2. Growing from Young to Old	I can tell you about the natural process of growing from young to old and understand that this is not in my control	I can identify people I respect who are older than me
Understand and respect the changes that they see in themselves	3. The Changing Me	I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old	I feel proud about becoming more independent
Understand and respect the changes that they see in other people	4. Boys' and Girls' Bodies Assessment Opportunity ★	I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina) and appreciate that some parts of my body are private	I can tell you what I like/don't like about being a boy/girl
Know who to ask for help if they are worried about change	5. Assertiveness	I understand there are different types of touch and can tell you which ones I like and don't like	I am confident to say what I like and don't like and can ask for help
Are looking forward to change	6. Looking Ahead	I can identify what I am looking forward to when I am in Year 3	I can start to think about changes I will make when I am in Year 3 and know how to go about this

# Changing Me

## Puzzle Map - Year 3

### Puzzle Outcome

Help me fit together the six pieces of learning about Changing Me to create Tree of Change display

Weekly Celebration	Pieces	PSHE Education (Developed from National Framework DfEE 2000)	Emotional Literacy/Social Skills (Developed from SEAL - Social and Emotional Aspects of Learning DfES 2004)
Understand that everyone is unique and special	1. How Babies Grow	I 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	I can express how I feel when I see babies or baby animals
Can express how they feel when change happens	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
Understand and respect the changes that they see in themselves	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
Understand and respect the changes that they see in other people	4. Inside Body Changes Assessment Opportunity ★	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
Know who to ask for help if they are worried about change	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
Are looking forward to change	6. Looking Ahead	I can identify what I am looking forward to when I am in Year 4	I can start to think about changes I will make when I am in Year 4 and know how to go about this

# Changing Me

## Puzzle Map - Year 4

### Puzzle Outcome

Help me fit together the six pieces of learning about Changing Me to create Tree of Change display

Weekly Celebration	Pieces	PSHE Education (Developed from National Framework DfEE 2000)	Emotional Literacy/Social Skills (Developed from SEAL - Social and Emotional Aspects of Learning DfES 2004)
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
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
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
Understand and respect the changes that they see in other people	4. Circles of Change	I know how the circle of change works and can apply it to changes I want to make in my life	I am confident enough to try to make changes when I think they will benefit me
Know who to ask for help if they are worried about change	5. Accepting Change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
Are looking forward to change	6. Looking Ahead Assessment Opportunity ★	I can identify what I am looking forward to when I am in Year 5	I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this

# Changing Me

## Puzzle Map - Year 5

### Puzzle Outcome

Help me fit together the six pieces of learning about Changing Me to create Tree of Change display

Weekly Celebration	Pieces	PSHE Education (Developed from National Framework DfEE 2000)	Emotional Literacy/Social Skills (Developed from SEAL - Social and Emotional Aspects of Learning DfES 2004)
Understand that everyone is unique and special	1. Self and Body Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
Can express how they feel when change happens	2. Puberty for Girls	I can explain how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally	I understand that puberty is a natural process that happens to everybody and that it will be ok for me
Understand and respect the changes that they see in themselves	3. Puberty for boys Assessment Opportunity ★	I can describe how boys' and girls' bodies change during puberty	I can express how I feel about the changes that will happen to me during puberty
Understand and respect the changes that they see in other people	4. Conception	I understand that sexual intercourse can lead to conception and that is how babies are usually made  I also understand that sometimes people need IVF to help them have a baby	I appreciate how amazing it is that human bodies can reproduce in these ways
Know who to ask for help if they are worried about change	5. Looking Ahead	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	I am confident that I can cope with the changes that growing up will bring
Are looking forward to change	6. Looking Ahead to Year 6	I can identify what I am looking forward to when I am in Year 6	I can start to think about changes I will make when I am in Year 6 and know how to go about this

# Changing Me

## Puzzle Map - Year 6

### Puzzle Outcome

Help me fit together the six pieces of learning about Changing Me to create Tree of Change display

Weekly Celebration	Pieces	PSHE Education (Developed from National Framework DfEE 2000)	Emotional Literacy/Social Skills (Developed from SEAL - Social and Emotional Aspects of Learning DfES 2004)
Understand that everyone is unique and special	1. My Self Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
Can express how they feel when change happens	2. Puberty	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty
Understand and respect the changes that they see in themselves	3. Girl Talk/Boy Talk (We recommend this Piece is taught in single, gender-specific groups, preferably girls with a female facilitator and boys with a male facilitator)	I can ask the questions I need answered about changes during puberty	I can reflect on how I feel about asking the questions and about the answers I receive
Understand and respect the changes that they see in other people	4. Babies - Conception to Birth Assessment Opportunity ★	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I recognise how I feel when I reflect on the development and birth of a baby
Know who to ask for help if they are worried about change	5. Attraction	I understand how being physically attracted to someone changes the nature of the relationship	I can express how I feel about the growing independence of becoming a teenager and am confident that I can cope with this
Are looking forward to change	6. Transition to Secondary School	I can identify what I am looking forward to and what worries me about the transition to secondary school	I know how to prepare myself emotionally for starting secondary school