

## Jigsaw Changing Me – Learning Intentions updated for 2026)

<b>Year group</b>	<b>Piece (lesson) Number and Name</b>	<b>Learning Intentions</b>
Ages 3-4 Pre-school	Piece 1 My Body	<ul style="list-style-type: none"> <li>I can name parts of my body and show respect for myself</li> </ul>
	Piece 2 Respecting my body	<ul style="list-style-type: none"> <li>I can tell you some things I can do and some foods I can eat to be healthy</li> </ul>
	Piece 3 Growing Up	<ul style="list-style-type: none"> <li>I understand that we all start as babies and grow into children and then adults</li> </ul>
	Piece 4 Growth and Change	<ul style="list-style-type: none"> <li>I know that I grow and change</li> </ul>
	Piece 5 Fun and fears	<ul style="list-style-type: none"> <li>I can talk about how I feel moving to school from pre-school</li> </ul>
	Piece 6 Celebration	<ul style="list-style-type: none"> <li>I can remember some fun things about pre-school this year</li> </ul>
Ages 4-5 Reception	Piece 1 My Body	<ul style="list-style-type: none"> <li>I can name parts of the body.</li> </ul>
	Piece 2 Respecting my body	<ul style="list-style-type: none"> <li>I can tell you some things I can do and foods I can eat to be healthy</li> </ul>
	Piece 3 – Growing Up	<ul style="list-style-type: none"> <li>I understand that we all grow from babies to adults.</li> </ul>
	Piece 4 Fun and Fears Part 1	<ul style="list-style-type: none"> <li>I can express how I feel about moving to year 1</li> </ul>
	Piece 5 Fun and Fears Part 2	<ul style="list-style-type: none"> <li>I can talk about my worries and/or the things I am looking forward to about being in Year 1</li> </ul>
	Piece 6 Celebration	<ul style="list-style-type: none"> <li>I can share my memories of the best bits of this year in Reception</li> </ul>
Ages 5-6 Year 1	Piece 1 Life Cycles	<ul style="list-style-type: none"> <li>I am starting to understand the life cycles of animals and humans</li> <li>I understand that changes happen as we grow and that this is OK</li> </ul>
	Piece 2 Changing Me	<ul style="list-style-type: none"> <li>I can tell you some things about me that have changed and some things about me that have stayed the same</li> <li>I know that changes are OK and that sometimes they will happen whether I want them to or not</li> </ul>
	Piece 3 My Changing Body	<ul style="list-style-type: none"> <li>I can tell you how my body has changed since I was a baby</li> <li>I understand that growing up is natural and that everybody grows at different rates</li> </ul>
	Piece 4 Boys' and Girls' Bodies	<ul style="list-style-type: none"> <li>I can identify the parts of the body that make boys different to girls and can use the correct names for these private body parts: penis, testicles, vagina, vulva, anus</li> </ul>

## Jigsaw Changing Me – Learning Intentions updated for 2026)

		<ul style="list-style-type: none"> <li>● I respect my body and understand which parts are private</li> </ul>
	Piece 5 Learning and growing	<ul style="list-style-type: none"> <li>● I understand that every time I learn something new I change a little bit</li> <li>● I enjoy learning new things</li> </ul>
	Piece 6 Coping with changes	<ul style="list-style-type: none"> <li>● I can tell you about changes that have happened in my life</li> <li>● I know some ways to cope with changes</li> </ul>
Ages 6-7 Year 2	Piece 1 Life Cycles in Nature	<ul style="list-style-type: none"> <li>● I can recognise cycles of life in nature</li> <li>● I understand there are some changes that are outside my control and can recognise how I feel about this</li> </ul>
	Piece 2 Growing from Young to Old	<ul style="list-style-type: none"> <li>● I can tell you about the natural process of growing from young to old and understand that this is not in my control</li> <li>● I can identify people I respect who are older than me</li> </ul>
	Piece 3 The Changing Me	<ul style="list-style-type: none"> <li>● I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old</li> <li>● I feel proud about becoming more independent</li> </ul>
	Piece 4 Boys' and Girls' Bodies	<ul style="list-style-type: none"> <li>● I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vulva, anus) and appreciate that some parts of the body are private</li> <li>● I can describe what I enjoy about being a boy or a girl whilst understanding we are all different</li> </ul>
	Piece 5 Assertiveness	<ul style="list-style-type: none"> <li>● I understand there are different types of touch and can tell you which ones I like and don't like</li> <li>● I am confident to say what I like and don't like and can ask for help</li> </ul>
	Part 6 Looking Ahead	<ul style="list-style-type: none"> <li>● I can identify what I am looking forward to when I move to my next class</li> <li>● I can start to think about changes I will make when I am in my next class and know how to go about this</li> </ul>
Ages 7-8 Year 3	Piece 1 How Babies Grow	<ul style="list-style-type: none"> <li>● I understand that in animals and humans lots of changes happen from birth to fully grown, and that in mammals it is the female who has the baby</li> <li>● I can express how I feel when they see babies or baby animals</li> </ul>
	Piece 2 Outside Body Changes	<ul style="list-style-type: none"> <li>● I understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies</li> <li>● I can identify how boys' and girls' bodies change on the outside during this growing up process (introduce term puberty)</li> <li>● I recognise how I feel about these changes happening to me and know how to cope with those feelings</li> </ul>
	Piece 3 Inside Body Changes	<ul style="list-style-type: none"> <li>● I can identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up (introduce vocab sperm, ovaries, egg, Ovum/ Ova, womb/uterus, vagina and period)</li> <li>● I can recognise how I feel about these changes happening to me and know how to cope with these feelings</li> </ul>
	Piece 4	<ul style="list-style-type: none"> <li>● I understand that as boys' and girls' bodies change at puberty, they need to think more about keeping clean and healthy</li> </ul>

## Jigsaw Changing Me – Learning Intentions updated for 2026)

	Keeping Ourselves Clean	<ul style="list-style-type: none"> <li>● I know some simple ways of keeping clean which can keep me healthy and protect me from infections</li> <li>● I have started to think about the ways to keep my body clean as I grow up and how I feel about this</li> </ul>
	Piece 5 Family Stereotypes	<ul style="list-style-type: none"> <li>● I can start to recognise stereotypical ideas I might have about parenting and family roles</li> <li>● I can express how I feel when my ideas are challenged and might be willing to change my ideas sometimes</li> </ul>
	Piece 6 Looking Ahead	<ul style="list-style-type: none"> <li>● I can identify what I am looking forward to when I move to my next class</li> <li>● I can start to think about changes I will make next year and know how to go about this</li> </ul>
Ages 8-9 Year 4	Piece 1 Unique Me	<ul style="list-style-type: none"> <li>● I understand that lots of things make up a person's identity and this is what makes them unique</li> <li>● I can describe how I have choices about developing my own identity and interests as I grow up and that these will contribute to who I am</li> </ul>
	Piece 2 Puberty and Menstruation	<ul style="list-style-type: none"> <li>● I can describe how a girls' 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</li> <li>● I have strategies to help me cope with the physical and emotional changes I will experience during puberty</li> </ul>
	Piece 3 Being Part of a Family	<ul style="list-style-type: none"> <li>● I know there are many types of family and that often our family members form part of our inner circle</li> <li>● I know there are trusted people I can turn to if I need help and support as I grow up and go through puberty</li> <li>● I recognise that sometimes I may feel anxious about growing up and this is natural, and can identify people who can support me with this</li> </ul>
	Piece 4 Circles of Change	<ul style="list-style-type: none"> <li>● I know how the circle of change works and can apply it to changes I want to make in my life</li> <li>● I am confident enough to try to make changes when I think they will benefit me</li> </ul>
	Piece 5 Accepting Change	<ul style="list-style-type: none"> <li>● I can identify changes that have been and may continue to be outside of my control that I learnt to accept</li> <li>● I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</li> </ul>
	Piece 6 Looking Ahead	<ul style="list-style-type: none"> <li>● I can identify what I am looking forward to when I move to a new class</li> <li>● I can reflect on the changes I would like to make next year and can describe how to go about these</li> </ul>
Age 9-10 Year 5	Piece 1 Self and Body Image	<ul style="list-style-type: none"> <li>● I am aware of my own self-image and how my body image fits into that</li> <li>● I know how to develop my own self-esteem</li> </ul>

## Jigsaw Changing Me – Learning Intentions updated for 2026)

	Piece 2 Puberty for Girls	<ul style="list-style-type: none"> <li>● I can explain how girls' bodies change during puberty and understand the importance of looking after themselves physically and emotionally</li> <li>● I understand that puberty is a natural process that happens to everybody and that it will be OK for me</li> </ul>
	Piece 3 Puberty for Boys	<ul style="list-style-type: none"> <li>● I can describe how boys' and girls' bodies change during puberty</li> <li>● I can express how I feel about the changes that will happen to me during puberty</li> </ul>
<i>Non-statutory</i>	Piece 4 Conception	<ul style="list-style-type: none"> <li>● I understand that sexual intercourse can lead to conception and that is how babies are usually made.</li> <li>● I also understand that sometimes people need IVF to help them have a baby</li> <li>● I appreciate how amazing it is that human bodies can reproduce in these ways</li> </ul>
	Piece 5 Looking Ahead 1	<ul style="list-style-type: none"> <li>● I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities</li> <li>● I am confident that I can cope with the changes that growing up will bring</li> </ul>
	Piece 6 Looking Ahead 2	<ul style="list-style-type: none"> <li>● I can identify what I am looking forward to when I move to my next class</li> <li>● I can start to think about changes I will make next year and how to go about this</li> </ul>
<i>Age 10-11 Year 6</i>	Piece 1 My Self Image	<ul style="list-style-type: none"> <li>● I am aware of my own self-image and how my body image fits into that</li> <li>● I know how to develop my own self-esteem</li> </ul>
	Piece 2 Puberty	<ul style="list-style-type: none"> <li>● I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</li> <li>● I can express how I feel about the changes that will happen to me during puberty</li> </ul>
<i>Non-statutory</i>	Piece 3 Babies – Conception to Birth	<ul style="list-style-type: none"> <li>● I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born</li> <li>● I recognise how I feel when I reflect on the development and birth of a baby</li> </ul>
	Piece 4 Boyfriends and Girlfriends	<ul style="list-style-type: none"> <li>● I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/ boyfriend</li> <li>● I 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</li> </ul>

## Jigsaw Changing Me – Learning Intentions updated for 2026)

	Piece 5 Real self and ideal self	<ul style="list-style-type: none"><li>• I am aware of the importance of a positive self-esteem and what I can do to develop it</li><li>• I can express how I feel about my self-image and know how to challenge negative 'body-talk'</li></ul>
	Piece 6 The Year Ahead	<ul style="list-style-type: none"><li>• I can identify what I am looking forward to and what worries me about the transition to secondary school</li><li>• I know how to prepare myself emotionally for the changes next year</li></ul>