Jigsaw Knowledge and skills progression: Changing Me Ages 3-11

Jigsaw PSHE is a progressive scheme of learning where knowledge and skills build year on year across the programme. The table below shows how the Changing Me Puzzle (unit of work) develops in this year group, including some of the key vocabulary. Schools may adapt content to fit their policy, so please check with your child's school for specific details.

Ages 5-6

Puzzle overview: Changing Me

In this Puzzle, children learn about life cycles and the changes that happen as humans and animals grow. They reflect on how their own bodies have changed and develop understanding that everyone grows at different rates. Across the six Pieces, children learn the correct names for private body parts, explore how boys' and girls' bodies can be different, and practise respecting their own bodies and those of others. They also think about feelings linked to change, such as excitement and worry, and learn ways to cope.

Knowledge	Social and emotional skills
• I am starting to understand the life cycles of animals and humans • I can tell you some things about me that have changed and some things about me that have stayed the same • I can tell you how my body has changed since I was a baby • I can identify the parts of the body that make boys different to girls and can use the correct names for these: penis, testicles, vulva, anus • I understand that every time I learn something new, I change a little bit • I can tell you about changes that have happened in my life	• I understand that changes happen as we grow and that this is OK • I know that changes are OK and that sometimes they will happen whether I want them to or not • I understand that growing up is natural and that everybody grows at different rates • I respect my body and understand which parts are private • I enjoy learning new things • I know some ways to cope with changes

Vocabulary

adult, adulthood, anus, anxious, baby, change, changes, coping, curious, excited, feelings, female, grow, growing up, growth, happy, learn, life cycle, male, nervous, new, penis, proud, testicles, vulva, worried

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Supporting 'Changing Me' puzzle at home: A Guide for Families

This page offers simple ways to support your child's learning at home. The questions, ideas, and resources below encourage meaningful discussion, independence, and practising key life skills in everyday situations.

Ages 5-6

Talking Together: suggested questions to support Changing Me learning at home		
Life cycles and growing • How do animals and people change as they grow? • What can you do now that you couldn't do when you were a baby? • Why does everyone grow at their own pace?	**Changes from a baby to now** • What has changed about you since you were a baby? • What new skills have you learned recently? • How does learning new things help you grow?	**Understanding body changes** • How does your body change as you grow? • Why do bodies need care and respect? • What helps your body stay healthy? • Why is it good for our bodies to grow and change?
Private body parts and respect • Which parts of the body are private? • Why is it important to respect our own and other people's' bodies? • If someone makes you feel unsafe, what could you do?	**Feelings about change** • How can change make us feel excited or worried? • What changes are happening for you now? • Why is it okay to have different feelings to others about change?	**Coping with change and growing confidence** • What can help you feel calm when things change? • Who can you talk to if you feel worried? • How can learning new things build confidence?
Resources and additional support for Families		
• NSPCC 'PANTS' – guidance on body safety, privacy and growing up conversations • BBC Bitesize KS1 – resources to learn more about life cycles, growth and change • Visit your local library to explore a range of age-appropriate fiction and non-fiction books linked to the Changing Me theme.		
School-based and local resources (editable box for teachers):		

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