



Year 5 Puzzle: Changing Me

Puzzle Piece	British Values	RSE Links	Objectives
1. Self and Body Image	Individual Liberty Mutual Respect	Respectful Relationships Being Safe Mental Wellbeing Physical Health and Fitness	<b>Understand that everyone is unique and special: Self and Body Image.</b> <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>
2. Girls and Puberty	Individual Liberty	Being Safe Changing adolescent bodies	<b>Understand and respect the changes that they see in themselves: Girls and Puberty.</b> <ul style="list-style-type: none"> <li>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.</li> <li>I have strategies to help me cope with the physical and emotional changes I will experience during puberty.</li> </ul>
Puberty for boys	Mutual Respect	Mental Wellbeing Changing adolescent bodies	<b>Understand and respect the changes that they see in themselves: Puberty for boys.</b> <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>
Body Changes	Individual Liberty Mutual Respect	Being Safe Mental Wellbeing Changing adolescents body	<b>Understand and respect the changes that they see in other people: Inside Body Changes.</b> <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 can tell you why these changes are necessary so that their bodies can make babies when they grow up.</li> <li>I recognise how I feel about these changes happening to me and know how to cope with these feelings.</li> </ul>
2. Having a Baby	Individual Liberty Tolerance	Families and people that care for me. Being Safe Changing adolescent bodies	<b>Can express how they feel when change happens: Having a Baby Alternative Lesson.</b> <ul style="list-style-type: none"> <li>I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby.</li> <li>I understand that having a baby is a personal choice and can express how I feel about having children when I am an adult.</li> </ul>
Looking Ahead	Individual Liberty Mutual Respect	Mental Wellbeing	<b>Know who to ask for help if they are worried about change: Looking Ahead 1.</b> <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 (age of consent)</li> <li>I am confident that I can cope with the changes that growing up will bring.</li> </ul>