

SRE in the JIGSAW PSHE scheme

FS	Growing Up	How we have changed since we were babies
Y1	My changing body	Understanding that growing and changing is natural and happens to everybody at different rates
	Boys' and girls' bodies	Appreciating the parts of the body that make us different and using the correct names for them
Y2	The changing me	Where am I on the journey from young to old, and what changes can I be proud of?
	Boys and girls	Differences between boys and girls – how do we feel about them? Which parts of me are private?
Y3	Outside body changes	How our bodies need to change so they can make babies when we grow up – outside changes and how we feel about them
	Inside body changes	How our bodies need to change so they can make babies when we grow up – inside changes and how we feel about them

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Y4	Having a baby	The choice to have a baby, the parts of men and women that make babies and – in simple terms – how this happens
	Girls and puberty	How a girl's body changes so that she can have a baby when she's an adult – including menstruation
Y5	Puberty for girls	Physical changes and feelings about them – importance of looking after yourself
	Puberty for boys and girls	Developing understanding of changes for both sexes – reassurance and exploring feelings
	Conception	Understanding the place of sexual intercourse in a relationship and how it can lead to conception and the wonder of a new life
Y6	Puberty	Consolidating understanding of physical and emotional changes and how they affect us
	Girl talk / boy talk	A chance to ask questions and reflect (single sex)
	Conception to birth	The story of pregnancy and birth