



St Peter's CE School, Alvescot
RSHE Puberty Programme

Year group	Term 1	Term 2	Term 3
3-4	To reflect on how our bodies have changed since birth and to understand how our bodies grow in a lifetime. To understand how boys and girls are different and how they are similar. To gain knowledge and understanding of the male and female reproductive organs. JIGSAW: <i>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> <i>I can correctly label the internal and external parts of male and female bodies that are necessary for making a baby.</i>	To understand what eggs and sperm are. To understand that male and female parts are required to reproduce. To consider how animals reproduce. To understand the ways in which animals may care for their young. JIGSAW: <i>I understand that in animals and humans lots of changes happen from birth to fully grown, and that usually it is the female who has the baby.</i> <i>I understand how babies grow and develop in the mother's uterus.</i> <i>I understand what a baby needs to live and grow.</i>	To further our understanding of what eggs and sperm are – where they are stored, when they develop and their journey out of the body. To understand what menstruation is and why it happens. JIGSAW: <i>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> <i>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>

5-6	To develop an understanding of the role of puberty for everyone. To apply our knowledge of male and female reproductive organs to understand how and why puberty happens. To learn about the physical changes in boys and girls during puberty. To further understand what periods are and how/why they happen; to learn about the uses of different period products. JIGSAW: <i>I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.</i> <i>I can describe how boys' and girls' bodies change during puberty.</i>	To apply our knowledge of male and female reproductive organs to understand how babies are made through sexual intercourse. To understand other ways to have a baby, including IVF, adoption and surrogacy. To understand how a baby develops in the womb, how it is born (vaginal and caesarean) and what a baby needs to thrive once it is born. JIGSAW: <i>I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.</i> <i>I understand that sexual intercourse can lead to conception and that is how babies are usually made.</i> <i>I understand that sometimes people need IVF to help them have a baby.</i>	To reflect on the physical changes in puberty for everyone. To understand what attraction means and how our feelings towards someone can change in puberty. To understand the development of the adolescent brain and why mood swings and strong emotions occur. To learn how to look after our mental health through puberty and where to seek support. JIGSAW: <i>I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.</i> <i>I am aware of the importance of a positive self-esteem and what I can do to develop it.</i> <i>I can identify what I am looking forward to and what worries me about the transition to secondary school.</i> <i>I know that it is important to take care of my mental health and I know how to take care of my mental health.</i>
------------	--	--	---