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 6-7

Puzzle overview: Changing Me

In this Puzzle, children explore life cycles in nature and how humans grow from young to old, learning that some changes are outside their control. They reflect on how their own bodies and independence change over time and develop respect for differences in themselves and others. Across the six Pieces, children learn correct names for body parts, understand privacy, and practise being assertive about touch and personal boundaries. They also think about feelings linked to future change, such as excitement and worry, and learn ways to cope.

Knowledge	Social and emotional skills
• I can recognise cycles of life in nature • I can tell you about the natural process of growing from young to old and understand that this is not in my control • I can recognise how my body has changed since I was a baby and where I am on the continuum from young to old • I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, anus, testicles, vagina, vulva) and appreciate that some parts of my body are private • I understand there are different types of touch and can tell you which ones I like and don't like • I can identify what I am looking forward to when I move to my next class	• I understand there are some changes that are outside my control and can recognise how I feel about this • I can identify people I respect who are older than me • I feel proud about becoming more independent • I can describe what I enjoy about being a boy or girl whilst understanding we are all different • I am confident to say what I like and don't like and can ask for help • I can start to think about changes I will make when I am in Year 3 and know how to go about this

Vocabulary

adult, anus, anxious, baby, change, child, cope, comfortable, control, dislike, elderly, excited, female, freedom, fully grown, grow, growing up, hug, independent, life cycle, like, looking forward, male, nervous, old, older, penis, physical, private, public, respect, responsibilities, teenager, testicles, texture, timeline, toddler, touch, uncomfortable, vagina, vulva, young

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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 6-7

Talking Together: suggested questions to support Changing Me learning at home		
Life cycles in nature • How do living things change as they grow? • What changes happen around us that we can't control? • How might someone feel about changes they can't control?	**Growing from young to old** • How do people change as they get older? • In our family, who are the older people you respect and why? • What positive things happen as people get older?	**Your changing body and independence** • What has changed about you since you were a baby? • What can you do more independently now than before? • How does your body help you to learn and do new things?
Boys' and girls' bodies • Which parts of your body are private? • What are the correct names for private body parts? • If any part of your body felt sore or uncomfortable, who could you tell?	**Touch and boundaries** • What types of touch feel comfortable? What types don't? • Why is it important to respect what other people like and don't like? • If someone's touch made you uncomfortable, what should you do?	**Looking ahead to change** • What are you looking forward to in your next class? • When someone feels worried about changes, what might help? • In our family, who can you talk to about worries?
Resources and additional support for Families		
• NSPCC – advice for families on boundaries, secrets, safety and Changing Me • Kidscape Parent Advice – guidance, tips and advice to help children build healthy friendships and manage challenges within friendships • 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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