

# Fairfields Primary School

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Headteacher  
Mr G. Gaidoni

## PSHE- Changing Me

Dear Parents/Carers,

Our PSHE topic this half-term is '*Changing Me*'. We will be following the Jigsaw scheme to deliver this important topic and will be using the scientific terminology when referring to the body parts. Please see below an overview of what will be covered throughout each lesson so that you are able to talk to your child if you deem it necessary.

**Lesson 1:** Understanding that personal characteristics come from birth parents from the joining of their egg and sperm.

**Lesson 2:** To learn about the internal and external parts of male and female bodies that are necessary for making a baby.

**Lesson 3:** To describe how a girl's body changes in order for them to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.

**Lesson 4:** To know how the circle of change works and know how to apply it when I think that the changes will benefit me (applied to examples in school- see template attached).

**Lesson 5:** To identify changes and learn to accept that they may be out of my control.

**Lesson 6:** To reflect on the changes that I would like to make next year as I move into my new class.

If you have any questions or queries regarding this topic then please feel free to contact your child's class teacher or Mrs Glossop (PSHE Lead) who will be able to discuss this with you further.

Yours sincerely,

Mrs J. Wallace-Hickey & Mr J. Murphy



## Keywords for this topic:

- Characteristics
- Conception
- Conception
- Egg
- Egg/Ovum
- Epididymis
- Fallopian Tube
- Female
- Fertilise
- Fertilised
- Gene
- Genital organs
- Having sex
- Hormone
- Making love
- Male
- Menstrual Cup
- Menstrual Cycle
- Menstrual pads
- Menstrual Towel
- Menstruation
- Ovaries
- Panty Liner
- Parents
- Penis
- Period Pants
- Periods
- Personality
- Puberty
- Pubic hair
- Scrotum
- Sexual intercourse
- Sperm
- Sperm Ducts
- Tampons
- Testicles
- Testosterone
- Unique
- Vagina
- Vulva
- Womb/Uterus





**Changing Me**  
Circle of Change Slide 8 - Ages 8-9 - Piece 4

