



"I can do everything through God who gives me strength" Philippians 4:13  
**Cronton C.E. Primary School PSHE/RSE**



**PSHE Summer Two  
 Unit Overview Changing Me**

**YEAR ONE**

**For each lesson use the  
 Connect Us  
 Calm Me  
 Open My Mind  
 Help Me Reflect**

- **scripts provided in the Jigsaw lesson plans.**

**This plan is just an overview of the main teaching parts of the lessons. If the lesson is from the Jigsaw Scheme it is indicated in the first column. NB. Some lessons may have been replaced or adapted and will need planning.**

Learning Objective	Main Teaching Points	Vocabulary	I can Statements
1. To name parts of my body.	<b>Calm Me</b> Use the Calm Me script (straight after lesson plan) to help the children learn how to enjoy a Calm Me time. <b>Interest Me</b> Draw around a child onto paper. Give the children two minutes to talk to each other and see if they can name as many parts of the body as possible. You could do this first with Jigsaw Jenie for fun. <b>Help Me Learn</b> Using Post-it notes or the body part labels provided, label as many parts of the body as possible including inside the body. Questions: Can you name different parts of the body? What does each part do? Why is it important? <b>Let's Think</b> As you label the big picture ask whether the children can say what each part does. Refer to the suggested book or another similar non-fiction book that can provide information on the different parts of the body.	<b>Common Body Parts:</b> Head, shoulder, chest, arm, elbow etc. <b>Senses and the body parts that they are connected with.</b>	I can name parts of my body.

<p>2. To tell you some things I can do and foods I can eat to stay healthy.</p>	<p>Calm Me Use the Calm Me script (straight after lesson plan) to help the children learn how to enjoy a Calm Me time. Interest Me Sing the Jigsaw Song: 'Make a Good Decision' (From Healthy Me). Provide two separate containers and a large selection of objects/pictures of foods, activities. Ask the children to sort them according to what is healthy and not so healthy for our bodies. (Song lyrics found in the Healthy Me Puzzle.) Help Me Learn What do we need to do to keep our body healthy and happy? Look through the pictures/objects and discuss how they were sorted. Can we tell Jigsaw Jenie how to be healthy? Questions: What will happen if we eat less healthy food all the time? How would it make us feel? What would happen to our bodies? What do we need to do to keep healthy and happy? Raise Jigsaw Jerrie Cat's paws to indicate to children that they need to PAUSE (Stop), take a deep breath in and out and feel happy to be healthy. Let's Think During Help Me Learn, provide questions to challenge children's thinking</p>	<p>Healthy Less healthy Exercise Energy Vitamin</p>	<p>I can tell you some things I can do and foods I can eat to stay healthy.</p>
<p>3. To understand that we all grow from babies to adults.</p>	<p>Calm Me Use the Calm Me script (straight after lesson plan) to help the children learn how to enjoy a Calm Me time. Interest Me Sing the Jigsaw Song: 'A New Day'. Read the suggested story or one of a similar theme about growing up. Help Me Learn Briefly talk about how the children have already changed from being a baby to now. Talk about visible features as well as abilities. Now show the children the picture cards of different stages in life. Questions: Can they put them in the correct order? Let's Think</p>	<p>Change Baby Toddler Child Teenager Adult</p>	<p>I understand that we all grow from babies to adults.</p>

	<p>How will we change as we grow up? What will we be able to do that we can't do now? Pass Jigsaw Jenie around the circle and ask the children what they are excited about being able to do when they grow up that they can't do now. How do we need to look after ourselves as we grow up?</p>		
<p>4. To express how I feel about moving to Year One.</p>	<p><b>Calm Me</b> Use the Calm Me script (straight after lesson plan) to help the children learn how to enjoy a Calm Me time.</p> <p><b>Interest Me</b> Sing the Jigsaw Song: 'A New Day'. Get the children to stand up. Ask them to move around the room in a happy way, then a sad way. Get them to move around in different ways according to different emotions. Children take turns to hold Jigsaw Jenie during this activity.</p> <p><b>Help Me Learn</b> Explain to children that they will soon be moving to a new class and that they may be feeling some of the emotions they have just acted out. Read the suggested story or one similar about having worries and that the best thing to do is to share them. Tell the children that it is only natural to be feeling lots of different emotions.</p> <p>Questions: What are you excited about? Are you nervous about anything? Are you scared about anything?</p> <p>Raise Jigsaw Jerrie Cat's paws to indicate to children that they need to PAUSE (Stop), take a deep breath in and out and feel excited about next year.</p> <p><b>Let's Think</b> Set children a challenge to think about going next year. What are they excited about? Are they nervous about anything? Are they scared about anything? Get the children or adults to write their ideas down on paper and place them in a worry box or looking forward to box that is freely accessible in the classroom. Let them know that Jigsaw Jack (orange Jigsaw Friend) will be waiting for them in next year. (Jack may be able to visit them).</p>	<p>Worry Anxiety Excitement</p>	<p>I can express how I feel about moving to Year One.</p>

<p>5. To talk about my worries and/or the things I am looking forward to about being in Year 1.</p>	<p>Calm Me Use the Calm Me script (straight after lesson plan) to help the children learn how to enjoy a Calm Me time. Interest Me Put on some music. Ask the children if they can move happily to the music. How could they move so it looks like they were sad? Can they move around looking excited/worried? Children take turns to hold Jigsaw Jenie during this activity. Help Me Learn Sit the children in a circle and tell the children that Jigsaw Jenie is feeling a little scared as he is going to visit Year 1 soon. Can the children help cheer Jenie up? Questions: Is there anything exciting about going to Year 1 that they can tell him about? Jigsaw Jack is in Year 1 waiting to meet them all. (Can he come to Reception to visit this lesson?) Let's Think Ask the children to share some of the things they are excited about or worried about when they go to Year 1? Try to talk about some of the fears/worries they may have and how to overcome them</p>	<p>Year One Next year</p>	<p>I can talk about my worries and/or the things I am looking forward to about being in Year 1.</p>
<p>6. To share my memories of the best bits of this year in Reception.</p>	<p>Calm Me Use the Calm Me script (straight after lesson plan) to help the children learn how to enjoy a Calm Me time. Interest Me Raise Jigsaw Jerrie Cat's paws to indicate to children that they need to PAUSE (Stop), take a deep breath in and out and think of what they enjoy about being in Reception. Sit in a circle, including all the children and adults. Ask the children to think about all the things we have achieved this year. What has been their favourite thing this year? Grown-ups share their favourite memory from the past year. Jigsaw Jenie shares his favourite moments. Help Me Learn Show the children the special box. Explain to them that this is a special box that holds all the wonderful memories of the last year.</p>	<p>Memories</p>	<p>I can share my memories of the best bits of this year in Reception.</p>

	<p>Pass the box round the circle and get the children to talk about their favourite thing of the last year and put it in the box. Questions: What has been your favourite thing this year? What have we achieved this year? What have you learnt to do? Let's Think Close the box and explain how we will always have the memories of all the fun and exciting things we have done and that the next year will also be full of fun and exciting things that they will always remember.</p>		
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