

PSHE

Having a Baby Lesson Plan

Year 6



PSHE Having a Baby Lesson Plan – Year 6

Girls and puberty (Boys in e-safety lesson)	
Puzzle 6 Piece 3	Please teach me to... <ul style="list-style-type: none"> correctly label the internal and external parts of male and female bodies that are necessary for making a baby understand that having a baby is a personal choice and express how I feel about having children when I am an adult
Resources Making Things cards Jigsaw Chime 'Calm Me' script Jigsaw Jaz Jigsaw Jerrie Cat Flashcard pictures of sperm and egg PowerPoint slides - Changes on the inside Animation: The Female Reproductive System Printed copies of PowerPoint slides Jaz's Post box	Vocabulary Sperm Egg/ Ovum Penis Testicles Vagina/ Vulva Womb/ Uterus Ovaries Making love Having sex Sexual Intercourse Fertilise Conception
Teaching and Learning Note Due to the significance of this lesson it is recommended that teachers set aside an afternoon. Ensure you know the policy and procedures that support any girls in your school when having a period. Be sure to look back at lessons taught in Year 5 to understand what chn already know. Check Jigsaw Jaz's post box for questions prior to this session as some may be answered by the content of this lesson. Teachers can then refer to relevant children's questions throughout the lesson making it personal and responsive to the questions they want answers about. If children ask the difference between vulva and vagina as they have been introduced to these terms previously, simply explain that the vulva is the name for the outside parts of a female's private parts, and the vagina is the channel just inside. Teachers will need to check which animation may be most appropriate to use with their classes.	
The Jigsaw Charter	Ask me this...

Share 'The Jigsaw Charter' with the children to reinforce how we work together.

Connect us

Shuffle the cards for the Making Things game and give one to each child. Then ask them to move around and compare their card with other people's, find the connections, and eventually form themselves into groups containing one finished article (a cake, an oak tree, a new car and a baby) and the 'ingredients' required for making it. There should be five in each group: if, as is likely, your class is not an exact multiple of five you could have some fun asking those left over what they think they could make with their assorted ingredients! Make sure all the class knows what the four finished articles and their constituent parts are.

Calm me

Everyone, including adults, is sitting on chairs in a circle. Remind the children that at the beginning of every Jigsaw lesson we will help our minds calm down so that we are ready to learn. Teacher to use the 'Calm Me' Script and the Jigsaw Chime.

Open my mind

With the class in a circle, point out that to make anything new it requires the right ingredients and the right conditions. Which of the four things in the game is the most special and important thing to make?

Ask the children to work in talking partners and pose two questions for a brief discussion:

- What do you think are the reasons why people might choose to have a baby?
- What do you think might be difficult about looking after a new baby?

After 3 minutes take some feedback and bring out the idea that having a baby is both a great joy and a big responsibility, and that is why many people wait until they have a loving and stable relationship in which to care for the baby.

Point out that it has always been a natural human instinct to want babies; if not, none of us would be here!

Do you know what things are made of and how they are made?

What is the most special and precious thing any of us can make?
Why do people choose to have babies?
What is difficult about looking after a baby? Does everybody have to have a baby?

Explain it's a choice people make, and some people choose not to.

Tell me or show me

Think back to the starter game: what were the main ingredients for making a baby?

Show flash cards with pictures of sperm (remember these are full of messages contained in genes about what the father is like) and egg /ovum (remember this is full of messages/genes about what the mother is like). Use the PowerPoint slides to recap where the sperm and egg/ovum come from inside the body.

The following simple 'script' suggests an approach to telling the story from this point on for children of this age.

Remember that the children will not perceive any of this as sensational or shocking unless your manner and body language tell them so. It's amazing how a baby starts to grow when a man's sperm and a woman's ovum meet and join together. This can happen when a grownup man and woman share an especially close and loving embrace which allows the sperm to be released through the penis into the vagina. People refer to this as 'making love' or 'having sex' or sexual intercourse (children will probably have heard these expressions before, but may not really understand what sexual intercourse really means) It's an intimate, loving and very private part of a grown-up relationship. From the vagina, the sperm can swim through the womb/uterus into the tubes that lead from the ovaries. If they meet an egg/ ovum there, one of them may 'fertilise' it - join with it so that it starts growing into a baby. This is called conception. The fertilised egg settles into the soft lining of the mother's womb, where it will grow until it is big enough to be born 40 weeks/(9 months). The baby will get half of its genes from

Show the animation: The Female Reproductive System. Some teachers prefer to show the whole animation and then ask the children to recap what has been shown; others like to pause the animation at key points for clarification and questioning. Note the animation does

Why do we need to have differences between male and female?

not show conception but the journey of the egg/ ovum. If children raise questions about menstruation ask them to hold onto their questions for next time, or to use Jigsaw Jaz's post box.

Let me learn

Ask the children to imagine a visiting alien from a planet where there is no difference between male and female. (You might take on the role of the alien and invent a bizarre story about how they reproduce, e.g. by breaking off a finger and planting it in the ground!)

In pairs, ask the children to prepare a simple fact file in with a few bullet points for the alien, explaining the physical differences between male and female humans, using the correct vocabulary, and saying why we need these differences to make a baby.

You may want to provide printed copies of the PowerPoint slides of male/female organs to help them illustrate the fact files. Bring the class back together and show some of the children's work. Clarify any questions or misconceptions that arise. Finish by reminding the children that Jigsaw Jem has a private post box where they can put questions any time if there are things they not sure about, or they may want to talk to their parents/carers about it.

Help me reflect

As in previous Pieces (lessons), ask the children to review their learning using the My Jigsaw Journey resource.

Changing Me

Calm Me Script - Ages 8-9 - Piece 2

This Puzzle is about being ready and able to understand and accept changes when they happen to us in our lives. Changes happen all the time and we can all cope with this because often changes make things better.

So in this Calm Me time we are going to focus on our bodies and how incredible they are.

So let's start our Calm Me time by sitting in our Calm Me way, nice and straight in the chair, feet flat on the floor and spine all straight and proud. Shoulders are relaxed and eyes are gently closed.

Now listen to our chime until you can no longer hear any sound.....

In this quietness, bring your attention to focus on your breathing. Breathe in through your nose with nice long, gentle breaths and feel your tummy expand as the air fills your lungs. Hold your breath for just a couple of seconds and then gently and slowly release the air back out again through your mouth.

Breathing like this we feel calm and gentle....

Breathing in and silently counting 1,2,3,4,5.....breathing out silently hearing the words "I am glad to be alive".

Now come with me as we scan our bodies and keep discovering how incredible they are.

Keep breathing gently and slowly, and bring all your attention to your head. See if you can feel all your attention in your head...how does your head feel? Warm? Tingly? What an amazing thing your head is... think about what your head does for you.....it lets you see, hear, smell, taste, sing, talk...and your brain controls every part of your body.

Since you were a baby your brain has been growing and developing to help you to learn, to walk, to read and write.....just think for a moment about all the things your brain has allowed you to learn since you were a baby.....so many things.....

Can you feel gratitude to your brain for all the growing it has done, even without you asking it to?

It is growing and changing all the time just as it is supposed to do. How incredible.

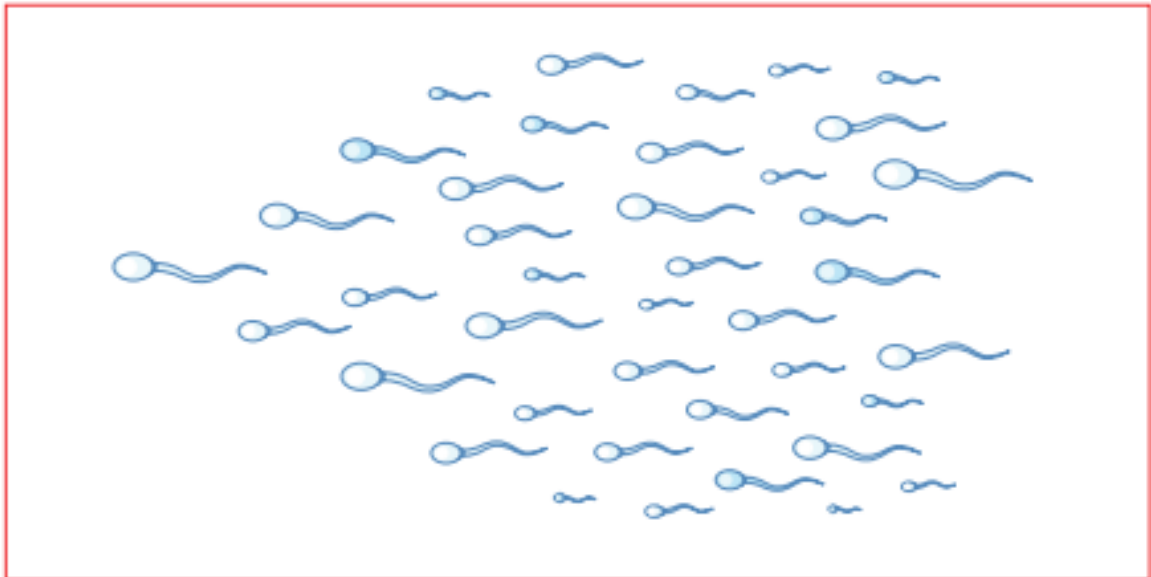
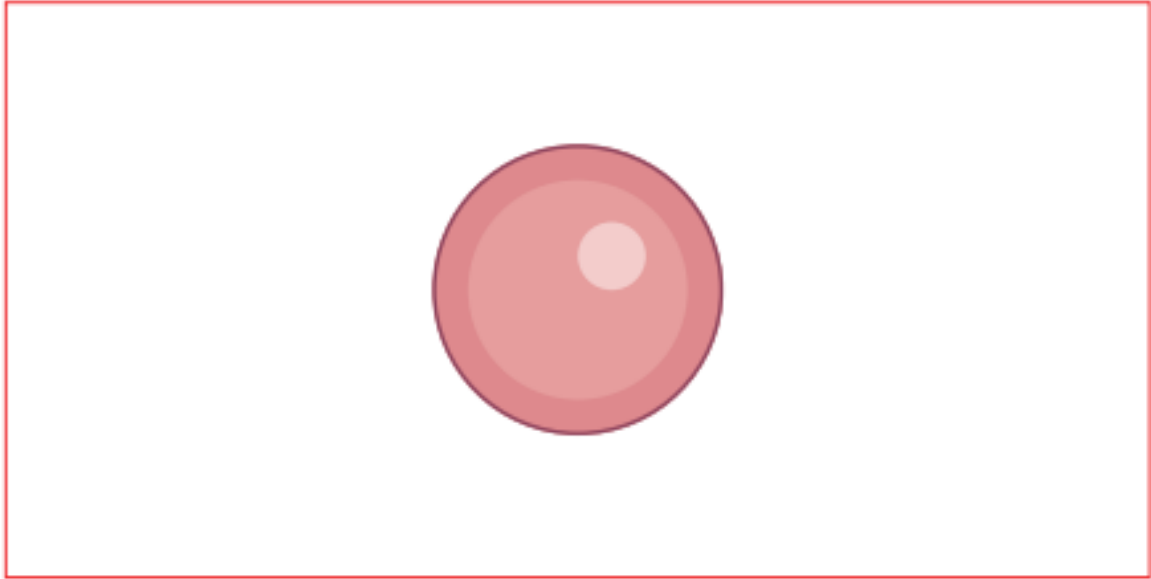
Breathe in.....amazing body Breathe out.....I am so lucky

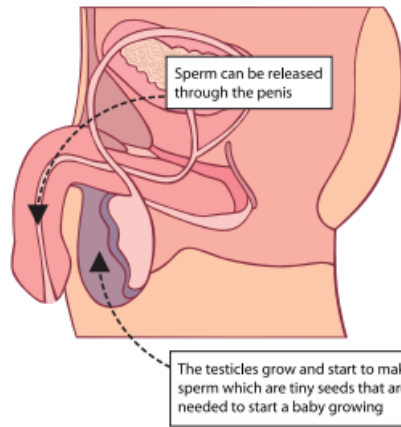
Take one nice deep breath in and out.

I appreciate my body and mind.

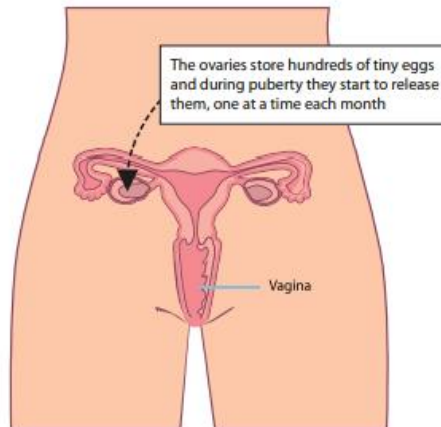
(Chime again) Then as you listen to the chime fade away, bring your awareness back into this present moment, nice and peaceful, ready to learn.

Note to teacher: you can obviously swap body parts in and out of this Calm Me as you see fit, also depending on what you may have been studying in the Puzzle for which you want to engender children's appreciation.





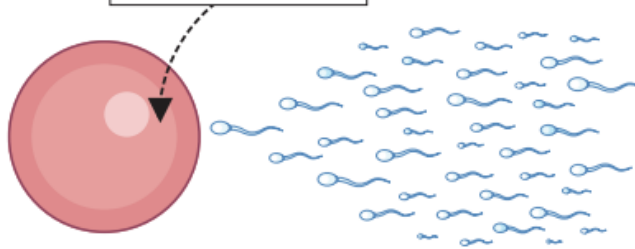
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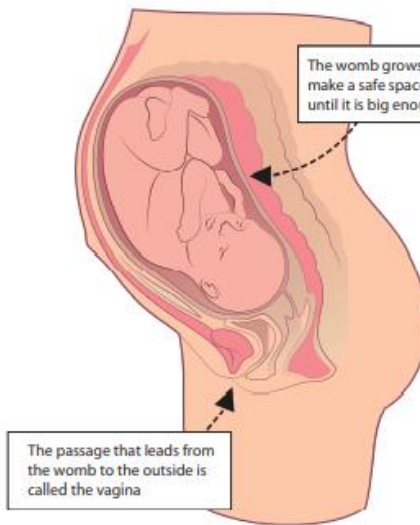
When one of these ova joins with a sperm it will start to grow into a baby



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The womb grows and gets ready to make a safe space for a baby to grow until it is big enough to be born



The passage that leads from the womb to the outside is called the vagina

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A cake	An oak tree	A new car	A baby
Flour, eggs, sugar, butter and other ingredients	An acorn	Wheels, an engine and a metal body	A sperm
A baking tin	Rich soil full of nutrients and water	A factory full of machinery	An egg
A hot oven	Space to grow and spread its branches	Workers to make the parts and put them together	A mother's womb to grow in
A cook with a recipe	Warmth and light from the sun	A driver to buy it	A family to provide love and care